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celeb buzz p/31

Nic, Urban have baby

Ontario awards $6.5 million to Truscott

PAYOUT Steven Truscott's 49-year legal nightmare is finally over thanks to a $6.5-million compensation cheque from the Ontario government.

Chris Bentley

Attorney General Chris Bentley announced yesterday that Truscott, 63, would receive the payout from the province almost a half-century after being convicted of a murder he did not commit.

In a joint statement from their home in Guelph, Truscott and his wife Marlene said, "This is a bittersweet moment for us."

Sentenced to hang in 1959 at age 14 for the sex killing of his 12-year-old school chum Lynne Harper, Truscott has spent most of his life fighting to clear his name.

Last August, the Ontario Court of Appeal quashed his conviction and acquitted him, ruling he was the victim of a "miscarriage of justice."

TORSTAR NEWS SERVICE

TOM HANSON/THE CANADIAN PRESS

Prime Minister Stephen Harper poses with Canadian flag waving Japanese children yesterday at the Akebono cultural centre in Date City, Japan. Harper is in Japan for the G8 summit.

Canada in path of progress: Activists

Tories accused of not doing enough for Africa

Canada is being accused by humanitarian groups of acting as a barrier to progress on such major issues as the world food shortage, climate change and aid to Africa.

Oxfam International, the charity and advocacy group, accused Stephen Harper's Conservative government of trying in the closed-door talks to weaken a major effort by G8 leaders meeting in Tokyo, Japan, to step up support for health programs in Africa.

Rather than a firm G8 recommitment to spend $60 billion over several years to fight HIV/AIDS, malaria and other diseases in Africa, Canada is trying to ensure that the G8's final communiqué refers to these measures only as a recommendation, according to Oxfam spokesperson Max Lawson and other activists in Japan. The pledge was originally made at last year's summit in Germany.

"Canada is not playing a constructive role."
Make Poverty History's Dennis Howlett

"A number of countries are trying to water down that language … we're very concerned about the Canadians in particular," Lawson told reporters during the first day of this year's summit.

Bev Oda, the minister of international co-operation, scoffed at the accusation from Oxfam that Ottawa wants to water down the commitment to help Africa. But Oda, who is accompanying Harper at the G8, did not deny it.

"The government wants to make sure that whatever commitments we make are real commitments and they are going to make a difference in the lives of those people" in Africa, she said.

On climate change, Harper continues to say it's useless for G8 leaders to sign on to mandatory targets for reducing carbon emissions unless China, India and other emerging economies do likewise.

This position, shared by U.S. President George W. Bush, could have the affect of delaying co-ordinated international action to fight global warming.

"Basically, Canada is not playing a constructive role," said Dennis Howlett of Make Poverty History.

TORSTAR NEWS SERVICE

MORE COVERAGE, PAGE 6

Diet diary helps lose weight, study says

It won't burn many calories on its own, but if you're looking to lose weight, the most important exercise you can do is to pick up a pen and write.

Dieters can increase their weight loss twofold by simply keeping a daily diary of what they eat, a large new U.S. study says.

"The more food records you keep, the more weight you lose," says psychologist Victor Stevens, senior investigator with the Kaiser Permanente Centre for Health Research in Portland, Ore. and a study co-author. "And the good news is that's a technique that anyone can use. All you need is something to write with and something to write on."

The study will be published in the August edition of the American Journal of Preventive Medicine.

The 20-week study was part of a larger, three-year research program that involved some 1,700 overweight people who were placed on fruit- and vegetable-rich diets.

It showed that people who kept no daily food records lost an average of four kilograms, while those who kept six or more per week lost an average of eight kilograms.

Stevens says a diary makes it plain to dieters what they have eaten, and where it would be easiest to cut calories. "The diaries were simple tabulations of what you ate, the quantity, and the calories each item contained, Stevens says. "And you look at that list and say, 'Well, wow, I can reduce the calories in my lunch, that would be easy.'"

TORSTAR NEWS SERVICE

social networks help

Stevens also says dieters who attempt their weight loss within a social network, whether formal or informal, are also much more successful at dropping excess pounds. The study found that each social session study dieters attended was worth 0.3 kilograms in extra weight loss.

Learning curve inside

Many online tools for social networking

World page 9

Dozens killed in Afghan blast

Beijing Games page 12

Cooke eyes volleyball spot

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Buttonville plane crash
Three men reportedly walked away from the crash of a small plane at Buttonville Airport north of Toronto. Reports say the crash occurred just after midnight yesterday on a runway as the small plane was coming in for a landing. THE CANADIAN PRESS

Local

Car restrictions

Get ready for more left-turn restrictions at peak hours on College Street and Queen Street West as Toronto tries compelling cars to move in a straight line to speed up streetcar service. The changes are just a foretaste of city-wide rules to make roads more streetcar-friendly. Streetcars bog down when cars in front form lineups to turn left. TORSTAR NEWS SERVICE

Charges reversed

Youth tied to Creba case

A youth charged in the 2005 Boxing Day gunfight that resulted in the death of 15-year-old Jane Creba will once more be facing murder charges following an Ontario Court of Appeal decision.

The youth, known only as J.S.R., was originally charged with second-degree murder, but Superior Court Justice Ian Nordheimer ordered in February that the murder charge be thrown out and the youth stand trial on a manslaughter charge. The youth, who was 17 at the time of the shooting and can't be named, is now an adult and also faces six attempted murder charges in the shooting.

But yesterday, the Court of Appeal overturned Nordheimer's decision, saying the youth must face second-degree murder charges. The decision puts into question charges against two others accused in the shooting of the Riverdale Collegiate student.

Louis Woodcock and Tyshaun Barnett, both 21, also had their second-degree murder charges reduced to manslaughter in March as a result of Nordheimer's decision. That decision is also being appealed by the Ministry of the Attorney General's office and the case will be heard the week of Sept. 15. TORSTAR NEWS SERVICE

Appeal decision

This Court of Appeal decision may bolster the Crown's arguments and Woodcock and Barnett could also see their charges of manslaughter overturned and once more face second-degree murder charges.

Councillor proposes free transit rides in Hamilton

FARES Though a Hamilton city councillor is pushing for free public transit there, don't expect fare-free rides in Toronto any time soon, said TTC chair Adam Giambrone.

Environmental concerns, soaring costs of fuel, and increasing traffic congestion are all reasons for cities to support public transit with tax subsidies instead of user fees, said Coun. Sam Merulla, who will argue the point before Hamilton's public works department today.

"It's really a no-brainer," he said. "I realize that we are all dependant on our cars, but it's not a sustainable system ... public transit really is the future."

A recent report estimated the proposal would cost Hamilton taxpayers an estimated $30 million annually, to be covered by a tax increase of about $160 per household.

If Toronto attempted a similar plan, Giambrone said it would cost $950 per household — equalling $340 for every person in the city. TORSTAR NEWS SERVICE

TARA WALTON/TORSTAR NEWS SERVICE

Rev. Barbara Lindsay sits in community council chambers at the Etobicoke Civic Centre yesterday with lawyer Ronald M. Kanter and Abigail Potter, 4, trying to resolve a parking dispute with the City of Toronto.

Paved paradise for Weston Road church

A pastor credits divine intervention for Etobicoke-York community council's decision to allow her Weston Road church to remain open.

Locked in a seven-year battle with city hall over a shortage of parking, the church received permission yesterday to operate for the next three years in its current spot in an old banquet hall.

"I know God helped. Like they say, expect a miracle, you get a miracle," said Rev. Barbara Lindsay of Grace Restoration International Ministries after the unanimous vote. "This is still a temporary solution, but it gives us enough time to buy a nearby building with parking."

Since 2003, church officials have appeared before politicians nine times, each time asking for an extension to meet zoning rules. The city required the church to obtain at least 50 permanent parking spaces for its congregation, but officials only managed to cobble together temporary spots. TORSTAR NEWS SERVICE

> **"I know God helped. Like they say, expect a miracle, you get a miracle."**
> Rev. Barbara Lindsay

Humour and compassion: One driver's aim

How did TTC bus driver Daniel Lawrence earn 100 commendations from customers in less than three years on the job? Through attention to detail, he says — as well as compassion and humour.

The TTC will acknowledge Lawrence at its monthly meeting on Thursday as someone "whose customer service skills warrant special recognition."

Aboard his bus you may be treated to some jokes along the way (frequent riders might hear a few repeats, he admits), and it sounds like customers will definitely feel appreciated. "As soon as they come on I greet them with a smile," he says. "They notice that right away."

A rider will "pay their fare or show me their pass or what have you," he continues, "and I thank them — with a smile and a nod. And they go to the back thinking, 'OK, this is already a different situation.'"

The operator, assigned to the Wilson bus division, reports he rarely feels threatened on the job. "I interact with the customers very positively and they react back to me very positively."

Before coming to the TTC Lawrence worked with a uniform rental company for 10 years, starting out as a truck driver. Although navigating a bus through Toronto streets supports his family, this is obviously not just for the money. It's like "moving poetry," he says.

"You can impress people, and make them feel better than they actually did when they got on the bus."

He believes "small little details … can make their day — like a little joke, or a comment, or telling them about the connecting bus or reminding them that this is their stop."

Want to see why customers go out of their way to send in commendations? If you find yourself on the 63 Ossington route over the next few weeks, usually between 3 p.m. and midnight, it could be Lawrence behind the wheel. Tip: Ask for the gorilla joke.

Ed Drass has a degree in urban studies from York University and regularly rides transit in the GTA.

News in brief

BILLBOARDS City councillors in North York want to get tough with illegal billboards along Highway 401. Community group *illegalsigns.ca* said there are some 40 billboards that should be removed because they aren't allowed within 400 metres of the highway. They are considered a distraction to drivers. North York's community council yesterday voted to tell sign companies and property owners that illegal signs must be removed. TORSTAR NEWS SERVICE

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Man charged in stabbing
A Toronto man was charged in relation to a stabbing last weekend. Oegadesg Howe, 18, of Toronto, is facing two charges. TORSTAR NEWS SERVICE

Where is 'Monster?'

Where is Martin Ferrier?

The convicted sex offender isn't saying, although it's known he was on his way from his Montreal home to Brampton for a visit.

Neither are Peel police, who have taken a low-key approach to his reported visit back to Brampton, where his own mother branded him a "monster."

Ferrier's Brampton adventure may be causing a stir with some local politicians and residents, but police claim they aren't monitoring his whereabouts.

Martin Ferrier

"Our offender management unit is aware through media reports that Mr. Ferrier has announced his plans to return to Peel Region," police said in a statement yesterday. "As a police service, we must respect that there are no court-imposed conditions prohibiting him from doing so.

"Peel Regional Police will enforce the law and ensure that the rights and safety of all citizens are protected, including those of Mr. Ferrier."

Essentially, police are saying Ferrier served his time and can go wherever he wants in Canada.

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Drugs

Three men facing charges

CRIME Three men are facing drug-related charges after police seized thousands of dollars in cash and a few thousand grams of various substances last week. Police estimate, at street level, the drugs would be worth $110,811.

Thomas Thompson, 30, Shawn Thompson, 35, and Tony Carriero, 34, all of Oshawa, are facing charges including possession of a controlled substance for the purpose of trafficking.

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Lake Ontario Park Public Forum & Site Walk

PUBLIC FORUM
Waterfront Toronto would like to invite you to the next Public Forum for Lake Ontario Park. The design team, led by Field Operations, will present the Draft Master Plan for Lake Ontario Park.

Over 900 acres, the park will become a regional destination and landmark on Toronto's revitalized waterfront. Public input is an important part of the planning and design process with Waterfront Toronto, and we encourage you to join us at our third Public Forum on this project.

DATE: Thursday, July 10, 2008
TIME: 6:00 – 7:00 p.m. Open House
7:00 – 9:00 p.m. Presentation & Facilitated DISCUSSION
LOCATION: The Solarium – Polson Pier (formerly The Docks) 11 Polson Street, Toronto

LAKE ONTARIO PARK SITE WALK
Come explore the future site of Lake Ontario Park by joining us on guided walking tours.

DATE: Sunday, July 13th, 2008
TIME: Departing at 1 p.m., 2 p.m. & 3 p.m.
LOCATION: Cherry Beach (located at the foot of Cherry Street)

Tours will commence from the Cherry Beach Lifeguard Station and conclude at Leslie Street. Please dress appropriately as this is a walking tour. Don't forget comfortable footwear, water and other necessary supplies to keep you protected from the elements!

Parking is available at the foot of Cherry Street. If traveling by transit, take Bus Route 172.

For more information please contact:
Amanda Flude at 416.214.1344 x 276 or lakeontariopark@waterfrontoronto.ca

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155 - 720 King St. W
464 Danforth Ave.
199 Bay St. (Commerce Court)
130 King St.
363 Front St. W (City Place)
727 Bloor St. W
5015 Yonge St.
5 - 500 Church St.

WEST

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Mapleview Mall
Milton Crossroads Centre

Brampton
Bramalea City Centre
Shoppers World
60 Great Lakes Dr. (inside Home Depot)
2880 Queen St. E (Hwy. 7 & Airport Rd.)

Georgetown
Georgetown Marketplace

Mississauga
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
Woodchester Plaza
6535B Mississauga Rd.
G16 - 3024 Hurontario St.
1A - 1370 Dundas St. E
9 - 34 Bristol Rd. E
2 - 4920 Tomken Rd.
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Richmond Hill
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4 - 11005 Yonge St.
6 - 25 West Beaver Creek Rd.
9301 Bathurst St.

Thornhill
Promenade Mall
Shops on Steeles and 404 Mall
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8117 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 4000 Hwy. 7

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A7 - 4220 Steeles Ave. W

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Gunfire near the border

A U.S. Border Patrol agent shot at three suspects yesterday after being assaulted on a residential street near the Vermont-Quebec border, the agency said. An officer on patrol spotted the two males and a female walking at about 2:15 a.m. THE CANADIAN PRESS

Canada

Stampede!

Alberta Premier Ed Stelmach happily served sausages during his annual Stampede pancake breakfast in Calgary yesterday. The Stampede continues until July 13. Stelmach later met with U.S. Ambassador David Wilkins in Calgary. He will work with Wilkins to bring more political leaders from the United States to Alberta to get a first-hand look at what the province is doing to reduce greenhouse gases. THE CANADIAN PRESS

Good pal Bush gets 'friendly'

G8 SUMMIT First it was "Yo, Blair," and now it's "Yo, Harper."

U.S. President George W. Bush's penchant for street slang was again on display on the first day of the Group of Eight summit in Japan.

A televised feed of the event showed Bush casually wrapping an arm around Nigerian President Umaru Yar'Adua and calling for Canadian Prime Minister Stephen Harper's attention. "Yo, Harper. The president of Nigeria."

Bush famously offered the same colloquial greeting to former British prime minister Tony Blair at the 2006 G8 summit in St. Petersburg, Russia.

THE CANADIAN PRESS

Israeli-Canadians expanding fight

COURT A group of Israeli-Canadians wants to expand its legal fight against terrorist financing by suing a Lebanese bank.

The four plaintiffs, who claim they suffered injuries in the 2006 Israel/Hezbollah conflict, allege the Lebanese Canadian Bank, with offices in Montreal, knowingly allowed two Hezbollah-linked charities to funnel cash to the radical group.

TORSTAR NEWS SERVICE

The takedown **Man arrested**

RYAN TABLINSKI FOR METRO CANADA

Halifax Regional Police officers arrest protester Gordon Olsen yesterday. Olsen, of Vancouver Island, was arrested for breaching the peace during a demonstration against the widening of Chebucto Road. He was later released without charges.

Soldier remembered as dedicated medic

The death of young army medic, Pte. Colin Wilmot, in a bomb explosion in Afghanistan reverberated across Canada yesterday as family, friends and military comrades tried to cope with his loss.

"He was a real chum, a nice boy. Always easy to get along with."
William Wilmot, grandfather

The 24-year-old came from a family with a long history of military service. Wilmot's stepfather, Eric Craig, a warrant officer with 2 Royal Canadian Horse Artillery at CFB Petawawa in Ontario, was given the news as he prepared for his own deployment to Kandahar.

The young man's paternal grandfather, William Wilmot, said he'll best remember his grandson as a little boy who used to tear around the yard in Haneytown, N.B.

"He was a real chum, a nice boy," said Wilmot, who spent 25 years in the military himself. "Always easy to get along with."

Soldiers at the Edmonton Garrison, Colin Wilmot's home base, took the news hard, setting up a picture of their friend inside the entrance of the 1 Field Ambulance headquarters and lowering the unit's colours to half-mast.

"The hole it leaves is huge. We are a family. It is like losing a family member," said Lt.-Col. Christopher Linford, commanding officer of the unit, who said he has spoken with Laura, the soldier's fiancee.

"She is clearly in shock and terribly upset at the loss of her fiancee Colin. I can't help but feel for her. She is definitely suffering."

Wilmot, who once joked that he decided to become a medic because of the television show MASH, died Saturday night while on a patrol with infantry troops in the volatile Panjwaii district. He was the 87th soldier to die as part of the Afghan mission.

THE CANADIAN PRESS

Feds try to halt train suicides

JUMP Dan Shewchuk is still chilled by the image of people jumping out in front of his train, trying to commit suicide.

It happens far more often than people think, Shewchuk says, leaving train engineers to suffer nightmares and heartache. The federal government is preparing to spend up to $382,000 to try to reduce the number of incidents.

"It's one of those things where you wake up in the middle of the night with sweat on your brow, thinking and recalling ... the person's eyes as you look at them and you can see them over the top of the locomotive through the window," Shewchuk, now the head of the Teamsters union branch that represents Canadian railway workers, said yesterday.

During his time driving trains in British Columbia, Shewchuk remembers three incidents in which people scrambled onto the track and stared straight at him as he tried in vain to brake.

THE CANADIAN PRESS

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MP claims Stanley Cup snub
Conservative MP Fabian Manning says he was snubbed by the government of Premier Danny Williams last week when he was not allowed on stage at a celebration for Newfoundland's first Stanley Cup winner – Detroit Red Wings' Dan Cleary. THE CANADIAN PRESS

RICHARD LAM/THE CANADIAN PRESS

B.C. Premier Gordon Campbell plays ball hockey with minor hockey players at the new Thunderbird Arena at the University of British Columbia in Vancouver yesterday.

New Olympic venue built

Arena to host hockey games

Vancouver 2010 Olympic organizers marked another milestone yesterday with a ceremony for the completion of the University of British Columbia Thunderbird Arena.

The arena will be the venue for men's and women's Olympic hockey when the Winter Games begin in February 2010, as well as the men's ice sledge hockey competition at the Paralympic Games.

Premier Gordon Campbell and John Furlong, CEO of the organizing committee, said the 7,500-seat arena was built on budget but was finished four months ahead of schedule.

"I think it's important for us to recognize that this project is coming in not just on budget but four months early," said Campbell, speaking at a podium at a spot that will mark the centre face-off spot when the Games begin.

THE CANADIAN PRESS

Heritage site

Joggins cliffs on UNESCO list

NOVA SCOTIA. The Joggins fossil cliffs in Nova Scotia have been named by UNESCO to its select list of world heritage sites. Members of a committee voted unanimously in favour of the designation at a meeting in Quebec City yesterday evening. The fossil cliffs are regarded as the best record of life in the Coal Age — 300 million years ago — and are home to enormous fossilized trees and what's believed to be the remains of the world's oldest reptile. The Joggins cliffs were submitted last February for consideration.

THE CANADIAN PRESS

Native verdict called 'harsh'

There was no reason to "bring down the hammer" on seven aboriginals who were incarcerated and fined after protesting against mining projects in their communities, the Ontario Court of Appeal ruled yesterday in calling the six-month sentences "too harsh."

Six members of the Kitchenuhmaykoosib Inninuwug (KI) First Nation served almost 10 weeks in jail, while Ardoch Algonquin First Nation leader Bob Lovelace was jailed 14 weeks for contempt-of-court charges related to blockades in areas north of Kingston, Ont., and Thunder Bay, Ont.

THE CANADIAN PRESS

News in brief

POLICE A fight involving an off-duty police officer in Digby, N.S., has resulted in two young black men alleging racism and rough treatment by the RCMP.

THE CANADIAN PRESS

TIGERS Two rare, white Bengal tiger cubs are the latest attraction at the Saskatoon zoo. Staff named the baby tigers Jasmine and Jafar after they were born on May 31.

THE CANADIAN PRESS

Researcher discovers millions of dollars available to Canadians

by James Ryder
Financial Reporter

TORONTO – The old saying "there's no such thing as a free lunch" may be true, but according to researcher Chris Johnson there is "free money" available for things that cost a lot more than lunch!

Johnson, who lives with his wife in Surrey, BC, spent two years digging into hundreds of programs at all levels of government in Canada – federal, provincial and city – and he discovered that "free money" does indeed exist. He also discovered there are thousands of private foundations and other organizations who also make funds available.

"When I first began my research," says Johnson, "I wasn't sure that I would find much. But I soon found out there's free money available for all kinds of things."

Here are a few examples of what Johnson uncovered. If you're a real estate investor, there is money available for down payments on houses and multi-family buildings, for closing costs, to renovate and upgrade existing properties, to help your tenants pay you, to pay your mortgages, plus many other programs.

If you're a business owner or entrepreneur there is money available to start a business, expand a business, hire new employees, buy new equipment, buy new vehicles, develop new products, fund new research, plus countless other opportunities. There are grants, subsidies, zero interest loans, low interest loans and even loans you don't have to ever pay back.

If you want to pay for an education for yourself, your employees, a child or grandchild, there are thousands of scholarships, awards and bursaries to attend college, university or trade school. Plus there are hundreds of private foundations and organizations who also make funds available for education.

Johnson showed me a huge stack of publications from all levels of government that outline the many programs available.

I asked him the obvious question. "If there's so much money available, why don't most Canadians know about it?"

Adrienne from Calgary received $4,229.07 for her education!

His answer was right to the point. "Governments are good at putting money into these programs, but they spend very little money on making Canadians aware these programs exist. Most are not even advertised. And many grants, bursaries and scholarships offered by private foundations are not even listed anywhere except in obscure catalogues."

Johnson has compiled his research and is now making it available in the program ***How to Unlock Canada's Free Money Vault***. Included in the program is what Johnson calls the "special key" to free money success – knowing when and how to apply so that you get the money!

I'll take "free money" over a free lunch anytime.

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$10,795 for University!
***"CHRIS JOHNSON YOU ROCK!!** When I heard you speak about... **Free Money for Education,** I was interested right away because my daughter, Seema, a University of Alberta Student was in the process of graduating. To our surprise, she got awarded with **$10,795.00** to go towards her student loan repayment. I will now start looking for money for my real estate business and home renovation. **THANK YOU CHRIS, the information you provide is invaluable.**"* **– Azim D, Calgary, AB**

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Free-fall record
Michel Fournier, a French skydiver hoping to set a new free-fall record from 40,000 metres above the Earth, is returning to Saskatchewan to try again on Sept. 7, said North Battleford Mayor Julian Sadlowski. THE CANADIAN PRESS

Guns, ammo and cash found at Khawaja family home, police say

Police found three rifles, 640 rounds of ammunition and an array of digital electronic components when they raided the family home of Momin Khawaja in March 2004, the Ottawa man's terrorism trial has been told.

They also found a pellet gun and a much-perforated paper target duct-taped to a pock-marked concrete wall in the basement of the house owned by Khawaja's parents, RCMP Cpl. Taro Tan testified yesterday.

But defence lawyer Lawrence Greenspon insisted none of the evidence proved his client was part of an alleged plot by Islamic extremists to attack targets in Britain.

All the rifles were properly registered and Khawaja had a licence to own them, Greenspon noted in court.

"I don't think that it assists the Crown's case in any way," he later told reporters. "It shows somebody who was in possession legally of firearms and ammunition and had been involved in shooting and target practice."

Greenspon also noted in his cross-examination of Tan, that many of the electronic components were found in the bedroom of Khawaja's older brother Qasim — along with $10,000 in cash tucked under Qasim's mattress.

Momin Khawaja faces seven counts of terrorism-related offences, including a key allegation that he built a remote-controlled electronic detonator for use in setting off fertilizer-based bombs in and around London.

Five of his alleged colleagues were convicted by a British jury last year and sentenced to life in prison. Khawaja, who has pleaded not guilty to the Canadian charges, is being tried separately by Justice Douglas Rutherford without a jury in Ontario Superior Court. THE CANADIAN PRESS

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Residents head back to homes in Saskatchewan

FOREST FIRES Thousands of Saskatchewan residents who were chased from their homes by thick smoke and raging forest fires were returning to their communities yesterday.

About 1,700 people from Pelican Narrows, Sandy Bay and Stony Rapids started heading home and were expected to be back by the end of yesterday, authorities said.

Rhonda Michaels, with Saskatchewan Environment, credited a combination of firefighting measures and heavy rainfall with helping to quell the blazes.

"When you're dealing with large fires and multiple fire starts, it takes a little bit of everything," said Michaels.

"The efforts of our firefighters on the line and the people who support that fire suppression unit were phenomenal. But it's always nice to have the help from the weather."

More than 30 millimetres of rain fell on several of the large fires over the weekend. THE CANADIAN PRESS

Four Canadians get salmonella

OUTBREAK Four Canadians, including two Alberta men who travelled to Texas on business, have tested positive for the strain of salmonella responsible for a large food poisoning outbreak in the U.S.

But the Public Health Agency of Canada said it still appears the contaminated foodstuff behind the outbreak isn't being distributed in this country.

"I would think we would be seeing more cases here if we actually did have the source here," said Andrea Ellis, an epidemiologist with the agency's centre for foodborne, environmental and zoonotic diseases.

Tests showed the Canadian cases were infected with a strain of Salmonella Saintpaul that matches the genetic fingerprint of the bacteria responsible for the U.S. outbreak. THE CANADIAN PRESS

Kennedy in good spirits
U.S. Senator Edward Kennedy is reportedly fatigued but otherwise doing well midway through radiation and chemotherapy treatments for brain cancer. THE ASSOCIATED PRESS

World

Stories to tell

Ingrid Betancourt, left, freed from six years of captivity in a Colombian jungle, plans to write a play about her experiences.

Deadly crash **Plane kills two on ranch**

WILLIAM FERNANDO MARTINEZ/THE ASSOCIATED PRESS

Soldiers guard the perimeter around the site where a Boeing 747 crashed yesterday in Madrid, Colombia, near Bogota. The cargo plane fell after taking off from Bogota's airport with a load of flowers en route to Miami. The eight crew members survived, but two people who lived on the ranch where the plane crashed were killed.

Afghan blast kills dozens

Indian Embassy targeted in suicide car bombing; Pakistan blamed

A suicide car bomb outside the Indian Embassy killed at least 41 people and wounded nearly 150 others yesterday, ripping through the building's gates and scattering bodies and pools of blood across some of Kabul's most protected streets.

Like other recent high-profile attacks, Afghanistan quickly blamed Pakistan, India's arch rival, for the blast, which was the deadliest in Kabul since the fall of the Taliban in 2001.

The bomber followed a diplomat's vehicle and detonated the explosives at the embassy gates, only 30 metres from where dozens of Afghans line up to apply for visas. Women and children browsing nearby shops were among the victims who lay on the ground, bloodied and in agony, crying for help.

The embassy is on a busy, tree-lined street near Afghanistan's Interior Ministry that is protected on both ends by police, though the checkpoints are easily driven past. The 8:30 a.m. explosion rattled much of Kabul and kicked up grey dust that shrouded the bodies of the dead and enveloped the survivors. The blast blew clothing off many victims.

President Hamid Karzai condemned the bombing and said it was carried out by militants trying to rupture the Afghan-India friendship. He told the Indian prime minister during a phone conversation that Afghanistan would do all it could to identify the attackers.

The Afghan Interior Ministry hinted the attack was carried out with help from Pakistan's intelligence service, saying the blast happened "in co-ordination and consultation with some of the active intelligence circles in the region."

A spokesman for Pakistan's Foreign Ministry declined to comment on the bombing. THE ASSOCIATED PRESS

News in brief

BERTHA'S A-BREWIN' Tropical storm Bertha has strengthened into the first hurricane of the Atlantic season and forecasters say it could threaten Bermuda. As of 11 a.m. yesterday, Bertha was centred about 1,250 kilometres east of the northern Leeward Islands. THE ASSOCIATED PRESS

BODIES DUG UP Israel's military says it began digging up the bodies of Lebanese fighters after the government struck a deal with Hezbollah guerrillas to swap five living prisoners and dozens of bodies for two Israeli soldiers captured in 2006. THE ASSOCIATED PRESS

POPE REGRETS A senior Roman Catholic cleric says Pope Benedict will likely express regret for sexual abuse committed by the clergy when he visits Australia next week. THE ASSOCIATED PRESS

Mile High kind of guy

Obama to accept nomination in stadium

Barack Obama will have a big stage when he accepts the Democratic presidential nomination.

The Democratic National Committee says Obama has agreed to give his acceptance speech at Mile High stadium in Denver.

Selection of the 76,000-seat facility that is home to the NFL's Denver Broncos appears to be aimed at least partly at filling a gap in fundraising.

The Democratic party convention is being held Aug. 25-28 at Denver's Pepsi Center, which holds up to 21,000 people.

However, lagging fundraising and cost overruns have left the host committee some $12 million US short of the $40.6 million it has pledged to raise for the convention.

Committee members have spoke openly of the need for Obama to help and the selection of Invesco Field at Mile High would help that cause.

"Lots of conventions have had no connection to their host cities, but this one is really going to take advantage of being in a state that's going to be an important general election battleground," said convention organizer Jenny Backus.

"What better way to kick off the fall campaign and get thousands of supporters and grassroots organizers all in one place to get fired up?" THE ASSOCIATED PRESS

Cops agree to give info to missing girl's parents

British police have agreed to give the parents of Madeleine McCann 80 pieces of information about its investigation into her disappearance in Portugal last year.

In return for Leicestershire police's agreement to release that information, parents Kate and Gerry McCann have agreed to drop a court case that sought the release of all information held by the force.

Clarence Mitchell, spokesman for the McCanns, hailed the decision, calling it 80 potential new leads in the investigation the McCanns are carrying out privately. THE ASSOCIATED PRESS

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Air Canada, Jazz load factor slips

Air Canada and Jazz Air filled 82.2 per cent of their seats in June, off from a year ago load factor of 82.8 per cent. System-wide passenger traffic increased 1.9 per cent from June 2007, while capacity was up 2.7 per cent. THE CANADIAN PRESS

Business

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Weaker loonie

Currency loses inflation-fighting powers

The insulating effect of the Canadian dollar, which has helped keep prices here in check, will evaporate over the coming year because the loonie has stopped rising and has lost its "inflation-fighting powers," economic reports suggested yesterday.

Higher inflation and weaker economic growth will likely drag the loonie down to 94.35 cents by the end of 2008, said George Davis, chief foreign exchange technical analyst with RBC Capital Markets.

A weaker dollar will translate into higher prices for fuel and food. Consequently, economists are also forecasting inflation to pop above 3 per cent. TORSTAR NEWS SERVICE

trading level

Given the run-up in oil prices, the loonie ought to be trading in the $1.02 to $1.03 range, said Sal Guatieri, a senior economist at BMO Capital Markets.

Study shows East-West split

BUSINESSES Canadian businesses remain moderately bullish about their prospects in the next year while increasingly pointing to inflation as an emerging problem, says a Bank of Canada survey.

But the quarterly survey of 100 companies was sharply divided along regional lines, with executives in the West expecting increased prosperity while those in the manufacturing-heavy East see slowing conditions ahead. THE CANADIAN PRESS

News in brief

CONSTRUCTION A solid gain in commercial development wasn't enough to offset a fall in the residential sector, as building permits in the Toronto area saw a double-digit drop in May, falling by 12.2 per cent to $1.08 billion, according Statistics Canada. TORSTAR NEWS SERVICE

Giving newcomers a head start

The Government of Canada believes in immigration. We want more newcomers to join us and be an important part of Canada's future. That's why we are improving our immigration system by:

1. Creating a more flexible, fair and responsive immigration system
The changes to Canada's immigration laws will help to attract the skilled workers Canada needs most and ensure families are reunited faster.

2. Helping internationally trained individuals
The Foreign Credentials Referral Office was created in 2007 to help newcomers get the information they need to have their credentials assessed and recognized in Canada.

3. Increasing settlement funding
The Government of Canada has invested $1.4 billion more in settlement funding, which includes language training and job search and employment services to help newcomers succeed and make a new home in Canada.

4. Reducing the Right of Permanent Residence Fee
The federal government reduced the right of permanent residence fee from $975 to $490.

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Canada

To start a home-based business, you will need supplies, a separate business telephone line, a computer, software and a high-speed Internet connection and — often overlooked — to factor in costs for insurance and marketing. Before you start your home-based business, be sure to consult a chartered accountant. **NEWS CANADA**

Your Money

Credit: Know the score

SmartCookies

If you are like most of our friends, we are willing to bet that you know all the latest celebrity gossip. And you likely even know exactly what the last bid was on that purse you've been eyeing on EBay. But when it comes to your credit score, what do you know?

This powerful number is way more significant to your everyday life than you might think. It has a direct impact on your ability to take out a mortgage and apply for credit cards or other loans. But, most importantly, this number determines the amount of interest you'll pay on all these products. The higher your FICO score, the more money you'll save yourself. For example, someone with a score above 760 could literally pay thousands of dollars less per year in interest on their mortgage than someone whose score is below 620.

Credit scores range from 300 to 850. Here's how a credit score is broken down:

- 35 per cent = payment history
- 30 per cent = amounts owed on each account
- 15 per cent = length of credit (how long you've had the accounts)
- 10 percent = new credit (new accounts opened or inquiries made for more credit)
- 10 percent = types of credit in use (e.g. credit card, department store, mortgage, or school loans)

And here's how you can keep your score high:

Payment History

Make your monthly payments on time. If you are having trouble keeping up with payments, notify your lender and work out an arrangement.

Amounts Owed

Keep your total balance at 35 per cent, or less, of your total credit available. Also, you need to know that opening new credit cards or lines of credit just to make your outstanding balances look smaller in relation to your total credit capacity won't help; it could actually hurt you if you rack up more debt on those accounts.

Length of Credit

Consider keeping old accounts open if you've been a good borrower. Closing an account actually erases your good payment history from your report.

New Credit Category

When shopping for new credit, keep the search to a short time frame — aim for 14 days or less. FICO scores distinguish between a search for a single loan and a search for several new sources of credit, in part by the length of time over which the inquiries occur.

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Use tax-free account for home buying

MoneyMatters

Q My fiancée and I would like to save and purchase a home within the next three years. We have established RRSPs and intend to use the first time homebuyer's plan to fund our purchase. Can we contribute more than our RRSP deductible amount and shelter the income and later withdraw the excess contribution?

LOU AND ROSE, THORNHILL

A Individuals are allowed a $2,000 overcontribution to their RRSP without being subject to tax penalties but cannot deduct this overcontribution. Amounts in excess must be used in the following year or may be penalized by CRA.

Using RRSPs under the First-time Home Buyers Plan (HBP) has been increasingly popular for young and older couples alike. The maximum withdrawal under the HBP for an individual is $20,000. This amount is repaid over a 15-year period, starting in the second year after the withdrawal.

Consider the New Tax Free Savings Account (TFSA) from the February's budgetary proposal that may provide an alternative to RRSPs:

- Effective January 2009, individuals may establish a savings account.
- They must be a Canadian resident and 18 years or older. Eligible kids qualify.
- They can contribute up to $5,000 per year. Unused amounts are carried forward and the individual may use at later a time.
- Contributions, unlike RRSPs, are not deductible.
- Income such as interest, dividends and capital gains from contributions are not subject to tax. Similar to RRSPs and a great way to shelter income.
- Withdrawals are tax-free. Yes, it's true. No Tax.
- Over-contributions are a no-no. They will be penalized at 1 per cent per month.

Start planning — with all the negative economic news reported, we all need a break.

Henry Choo Chong, CGA, provides accounting and taxation solutions. E-mail Money Matters: *choochonghcga@yahoo.ca.*

PLANT WORKS SKIN WONDERS

BY BILL KENNEDY

Her name is Mary Rostoplasc. She represents the fourth generation of skin care in her family. At the age of six years, Mary began watching her mother and grandmother in their preparation of skin creams. By the age of nine, she observed her mother and grandmother had made a mistake in a preparation. They ignored her and two hours later, the entire batch of cream spoiled. They congratulated her and gave her a small room to do her own experiments. At the age of fourteen, Mary invented creams for acne, rosacea and psoriasis. Her parents tested the creams and when they proved to be effective; her father rewarded her with a motorbike!

In the 1990's, when she arrived in Canada by herself from Romania, a regime controlled by the communists, Mary decided to trust her knowledge, talent and God's help.

But dear reader, walk in her shoes, not speaking English, having no help, and no money. She decided to give sample creams for people to try to demonstrate how good her products are.

Mary's clients loved her products and immediately noticed the improvement in their skin complexion. Word of mouth promotion about her remarkable products began and has not stopped! Mary's clients multiplied quickly. Today, Mary's products are distributed worldwide with great reviews.

Mary offers many kinds of products for skin conditions and beauty. She has received many testimonials. Here is one:

"Dear Mary, Thank you very much for meeting with me. When I came into your office, I was really nervous. I had hoped that you could do something for my face."

"My anxiety was gone when I talked with you; a great lady like you was so kind and very down to earth. I was really impressed at the way you treated me. I had lost hope completely."

"I had consulted a lot of international doctors and the treatments had made my situation worse. My brother is a doctor in Germany and he did his best to help me, but no results at all. But your cream cleaned up my rosacea and I am impressed."

"God bless you. You are not only a wonderful scientist, but also a wonderful person. Irena.
P.S.: To let you know, my sister has used your acne cream and in one week has seen a big difference."

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New money
To commemorate the Beijing Olympics, China's central bank is issuing a new 10-yuan note. Mao Zedong is gone from the note, replaced by a sketch of the new National Stadium, the Bird's Nest. THE ASSOCIATED PRESS

Beijing Games

Cooke getting her 'second wind'

Former indoor volleyball player looks to secure a spot at Olympics

JOHN CHICK
Metro Canada

Take a look at your nearest beach on any given summer evening and it won't be too hard to find a group playing beach volleyball. While many of them may have had a background in the sport, it's unlikely any of them are heading to the Olympics in the future.

Yet, that's exactly where Dana Cooke is poised to be headed, pending the outcome of a tournament in France this week.

The 33-year-old Cooke and partner Annie Martin have spent the last month travelling Europe, going from tournament to tournament in an effort to secure a spot in Beijing. Had you asked Cooke two years ago if she thought she'd be in this position, the answer would have been no.

"It was just a ridiculous thought to me, that I had virtually no beach experience besides tournaments on the OVA tour for fun and the usual bar leagues in the summer," says Cooke about her relatively recent foray into the beach game. "Actually, I didn't like it at all ... I felt the game was not powerful and that few players really hit. I didn't understand all this cut-shot, roll shot and pokey stuff."

But like any athlete can tell you, while the game may change, it never leaves you. Cooke is far from a volleyball neophyte. As an indoor player she was a standout high schooler in suburban Toronto, parlaying that into an NCAA scholarship at Michigan State. As the program rose from the cellar, she helped lead the Spartans to two Big Ten Championships and a Final Four appearance. After that it was a professional indoor volleyball career in Holland, an experience she wouldn't have traded for anything.

"It won't make you crazy rich, but I had great times both on and off the court," she says. "Living in Europe, getting paid to play a sport — what a life!"

Cooke came home to coach the McMaster University men's team for two seasons before returning to Europe, but it wasn't until 2006 that her current path came into focus. While attending — out of curiosity — an identification-selection camp for the Canadian National Beach Volleyball Team, she was approached by Martin and her coach Vincent Larivee.

"I thought, 'What a great opportunity to get three days of training and playing with Canada's best,'" says Cooke. "I didn't foresee being approached by Annie's coach on Day 2 and (him) asking me if I would like to be her partner and try to make a go of it for the Olympics. All I could do was laugh — and I did, out loud."

Despite our reputation as a winter-centric sports nation, Canada has a decent track record in the short history of Olympic beach volleyball — Mark Heese and John Child brought home bronze in the men's event in 1996 — and Cooke has embraced the opportunity.

"Being a beach player is a lifestyle," she says. "You have to love it to face the challenges that are constantly put in front of you regarding travel, funding and just competing at this world level."

A "second wind" is a perfect way to describe it, explains Cooke. "I was very fortunate and I feel it's a 'right place, right time' moment."

PHOTOS COURTESY OF DANA COOKE

Annie Martin, left, and Dana Cooke in action on the beach.

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Pro Bowler Gonzalez saves man's life

A California man says Pro Bowl tight end Tony Gonzalez of the Kansas City Chiefs kept him from choking to death by giving him the Heimlich manoeuvre to dislodge a piece of meat stuck in his throat. THE ASSOCIATED PRESS

Sports

"It's a wonderful feeling and certainly satisfying to be ranked No. 1."

Canadian Daniel Nestor, who, after winning the men's doubles title at Wimbledon, jumped to top spot in the world rankings.

Flames ink Bertuzzi

The Calgary Flames signed free-agent forward Todd Bertuzzi, left, to a $1.95-million US, one-year contract yesterday. The forward had 14 goals and 26 assists in 68 games last season for the Anaheim Ducks.

Cubs targeting Burnett

Sabathia going to rivals prompts trade talks

YorkReport

Marty York

marty.york@metronews.ca

Either Canadian Rich Harden or the Blue Jays' A.J. Burnett will soon join the Chicago Cubs' pitching rotation.

That was the word to Metro yesterday from MLB sources, who revealed that the Cubs are involved in intense trade talks with the Oakland A's for Harden and the Jays for Burnett.

"The Cubs are livid because they thought they had a deal lined up for the pitcher they wanted most, (C.C. Sabathia)," a source said. "But the (Cleveland) Indians went and traded the guy to the Cubs' main division and geographic rival (the Milwaukee Brewers) and so they've decided they absolutely must have Harden or Burnett."

Harden, a B.C. native, has been deemed expendable by the A's because he is due next season for a huge raise that they've decided they can't afford. The Jays, who languish in the cellar of the AL East, have deemed Burnett expendable because of his inconsistency and because the Jays are seeking to strengthen themselves at non-pitching positions.

• The Jays, incidentally, are fifth best in the major leagues in team earned-run average and yet they're virtually out of contention already because of their offensive ineptitude. They have only seven wins this season in games when their opponents scored first.

Toronto Blue Jays pitcher A.J. Burnett has been linked to trade talks with the Chicago Cubs.

Sportsnet's Rance Mulliniks, who picked the Jays to win the World Series before the season opened, now suggests the team is "not mentally tough enough."

• Before the CFL season, I suggested Montreal quarterback Anthony Calvillo and the rest of the Alouettes would be lousy. Well, they've excelled and they're 2-0.

Similarly, I figured the Saskatchewan Roughriders would plummet this season, but they too are 2-0, and dozens of Riders Priders have been e-mailing me with questions about my sanity.

Ah, well. It's still early in the CFL season.

Mulliniks can't say that about the MLB season.

• Two ex-Argonauts are telling friends they'll be seeking revenge Thursday night when Toronto visits Edmonton.

Both defensive halfback Jordan Younger and kicker Noel Prefontaine feel they were treated unprofessionally when the Argos traded them to Edmonton in the off-season.

• Saskatchewan general manager Eric Tillman called Bob Ackles, "The most important person in the B.C. Lions' history." I'll take it a step further. He may have been the CFL's most important.

Even this year, at 69, Ackles campaigned vehemently and vociferously against any possible notions the NFL has had about coming into Canada. He suggested the NFL's invasion to Toronto would be the death of the CFL.

I first met Bob in 1979, when I was a kid reporter for The Globe and Mail. We had our differences, but he consistently showed class and even insisted on occasion that I be his house guest during some of my travels.

Bob's story — from water boy with the Lions to club president — is legendary. His death Sunday, caused by a heart attack, jolted the CFL. The league will miss his leadership.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Sports in brief

TRADE The rumoured trade sending ace starting pitcher C.C. Sabathia from the Cleveland Indians to the Milwaukee Brewers was finalized yesterday. Milwaukee sent Cleveland left-fielder Matt LaPorta, pitchers Rob Bryson and Zach Jackson and a player to be named. METRO NEWS SERVICES

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14 sports

Hosts Hockey Canada and the Canadian Hockey League announced yesterday that Saskatoon and Regina will host the 2010 world junior hockey championship. Toronto is bidding to host the 2012 tourney. THE CANADIAN PRESS

Stajan inks 2-year deal

With Matt Stajan safely under contract for the next two years, the Leafs figure they have just enough left over for Mats Sundin.

That is, if he decides he wants to play hockey next season. And if he decides to take the Leafs' offer of about $7 million US annually, instead of the two-year, $20-million offer from Vancouver that would make him the NHL's highest paid player.

Stajan, signing for two years, $3.5 million, doesn't eliminate the Leafs from the Sundin sweepstakes, but it does mark the end, as far as GM Cliff Fletcher is concerned, for signings and re-signings.

"That's it for the summer," said Fletcher. "It doesn't mean we'll stay with the status quo. The big outstanding issue is Mats. Outside of that, we're set to go."

Sundin's agent, J.P. Barry, said the best bet was to wait until August for the Leaf captain to come to terms with his future.

TORSTAR NEWS SERVICE

Possible Leafs lineup

Forward lines (LW, C, RW):
1. Steen, Antropov, Blake
2. Tlusty, Grabovski, Kulemin
3. Hagman, Stajan, Mayers
4. Ponikarovsky, Moore, Dvereaux

Extras: Bell, J. Mitchell
Defence pairings:
1. Kaberle-Kubina
2. Finger-Stralman
3. Colaiacovo-Schenn

Extras: McCabe, Kronwall, White, Frogren
Starting goalie: Vesa Toskala
Backup: Curtis Joseph

TORSTAR NEWS SERVICE

Sports in brief

LAWSUIT Former San Diego Chargers linebacker Steve Foley agreed to settle his lawsuit for $5.5 million US against a police officer who shot him two years ago, ending his football career.
THE ASSOCIATED PRESS

NBA The younger brother of Raptors star Chris Bosh was named to the 11-man roster for Toronto's summer league team yesterday. Joel Bosh, 22, played four years at Alabama State.
THE CANADIAN PRESS

SCOREBOARD

MLB

YESTERDAY'S RESULTS
AMERICAN LEAGUE
Boston 1 Minnesota 0
Kansas City 7 Tampa Bay 4 (10)
L.A. Angels at Texas
Seattle at Oakland
NATIONAL LEAGUE
Pittsburgh 10 Houston 7
N.Y. Mets at Philadelphia
Colorado at Milwaukee
Florida at San Diego
Atlanta at L.A. Dodgers

TODAY'S GAMES
AMERICAN LEAGUE
Minnesota at Boston, 7:05
Tampa Bay at N.Y. Yankees, 7:05
Cleveland at Detroit, 7:05
Baltimore at TORONTO, 7:07
L.A. Angels at Texas, 8:05
Chicago White Sox at Kansas City, 8:10
Seattle at Oakland, 10:05
NATIONAL LEAGUE
Houston at Pittsburgh, 7:05
St. Louis at Philadelphia, 7:05
San Francisco at N.Y. Mets, 7:10
Arizona at Washington, 7:10
Colorado at Milwaukee, 8:05
Cincinnati at Chicago Cubs, 8:05
Florida at San Diego, 10:05
Atlanta at L.A. Dodgers, 10:10

CFL

WEEK 3
THURSDAY'S GAMES
Calgary at Montreal, 7
Toronto at Edmonton, 10
FRIDAY'S GAME
B.C. at Winnipeg, 8
SATURDAY'S GAME
Saskatchewan at Hamilton, 4

SOCCER

GAMES FEATURING TORONTO FC:
TOMORROW'S GAME
TORONTO at Vancouver, 10
SATURDAY, JULY 12
TORONTO at Chicago, 8:30

LOTTERIES

Ontario Pick 3	1 1 9
Ontario Pick 4	8 4 0 2
Encore	6213104
Daily Keno	6, 12, 13, 14, 17, 22, 30, 36, 38, 41, 45, 49, 50, 59, 60, 63, 64, 65, 67, 68. Results not official

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Networking explained
When networking, smile, make eye contact, introduce yourself and let people know what you do. WWW.AURORACHAMBER.ON.CA

Learning Curve

Raise your profile

Networking most effective way to find work: Experts

BRIAN TOWIE
Metro Canada

Joseph recently graduated and was having trouble finding work. He turns to his friend Alex for help. Alex's girlfriend, Elaine, says Joseph sounds like a nice fit for the position her bosses just opened.

Elaine puts in the good word for Joseph and soon enough her bosses want to interview him. They can't agree on a suitable interview time, and before Joseph gets his chance, Elaine's bosses find their perfect candidate and hire her. Bad luck, but not uncommon.

Feeling slighted and passed over, Joseph sends a terse, 3,000-word e-mail to Elaine's bosses, haranguing them for treating him so unfairly. They forward the message to Elaine and tell her in no uncertain terms that "her friend" acted incredibly unprofessionally. As a result of his actions, Joseph has now lost two contacts and has blackened his name in his desired industry before he's even begun.

Joseph's harrowing story serves as an example of how networking can backfire if you don't know what to do and if you underestimate its importance. Katharine Hansen, creative director of Quintessential Careers and author of A Foot In The Door: Networking Your Way Into The Hidden Job Market, says employers hide 75 to 95 per cent of job vacancies from the average job seeker.

"You can find out about these jobs only through word of mouth, and that means networking," says the former speechwriter for Betty Castor, the first woman ever elected to the Florida State cabinet. "Study after study shows that networking is the most effective way to get a job."

So how do you go about it? You certainly don't want to follow Joseph's sterling example, and the pros mention a few other techniques that will leave you out in the cold as well. Don't ever ask for a job flat out, says Hansen. Instead, ask for advice and referrals to other potential contacts. She advises you should never fail to show your appreciation for such help, no matter how small, and always look for an opportunity to return the favour.

Colette Robicheau, a networking instructor for her Halifax-based company Organize Anything, values quality over quantity. Passing cards out en masse won't get you noticed any faster. "It's not a collection of handshakes and it's not about throwing your card around as much as possible," she says. Draft a wish list of key companies for whom you want to work, and get involved. Volunteering at industry specific functions raises your profile, and opens up a wealth of opportunities.

"When you are considering entering or changing to a certain career, it just makes sense to talk to people in that field, yet most people never do."
Katharine Hansen

"Employers will say, 'They're working this hard now. How much better will they be if we pay them?'" she said. "Why not get entrenched?"

When striking up a conversation with a potential employer or contact, do not monopolize their time, says Patrick Sullivan, president of Workopolis. Don't do all the talking, either: Stay brief and listen to what the contact tells you as opposed to promoting yourself shamelessly. You never know what sort of usable information might surface, and "always try to get at least one more name besides them before you leave any conversation," he said.

Standing out from the crowd defines networking, experts agree, and any way to show an employer you can go above and beyond — without imposing and seeming desperate, of course — serves a twofold purpose: It builds your reputation before you've even begun and it educates you about the industry.

"When you are considering entering or changing to a certain career, it just makes all kinds of sense to talk to people in that field, yet most people never do," said Hansen. "They trust their professors, textbooks, or romantic notions about professions gleaned from TV or movies. When you really think about it, you miss out on an incredible opportunity if you fail to research your career field by talking to people in it."

If you act unprofessionally in any way, you shouldn't be surprised if no one will return your calls.

online resources

- Quintessential Careers: *www.quintcareers.com*
- Organize Anything: *www.organizeanything.com*
- Workopolis *www.workopolis.com*

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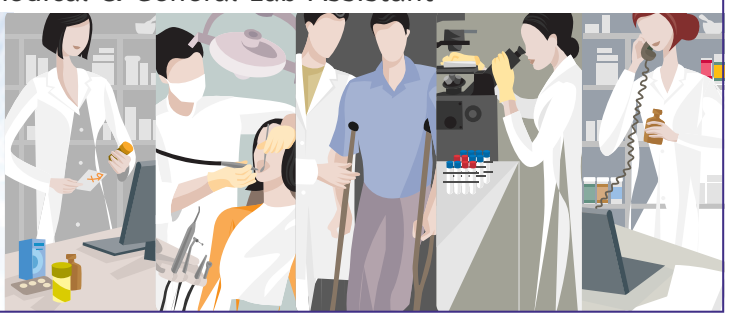

RSVP etiquette
If you are invited to an event, RSVP as soon as you can. It shows you're eager to meet potential contacts. WWW.PLANETFRIENDLY.NET

Online networks have benefits

Way to keep in touch and share information — such as job postings — with others

SANDY CAETANO
Metro Canada

With the hectic lives people are leading today, it's become almost impossible to keep in touch with people. That's where social networking comes in.

Whether you're a student or fresh out of school, social networks such as Facebook, MySpace, Twitter, Pownce, Flickr and the rest have become a godsend for everyone to stay in contact with each other. Friends can easily flag jobs for you, and former professors or teachers can also let you know of any career opportunities.

And though these sites are perfect to stay connected, others, such as LinkedIn, Monster and Workopolis, are more focused on the professional side of things.

"For many, it is a way to keep in touch and share information with friends and family — even if they live in different geographic locations," says Parham Aarabi, professor of electrical and computer engineering and Canada research chair in Internet video, audio, and image search at the University of Toronto. "For others, like those on Workopolis, Monster and LinkedIn, it is a way of building professional networks of contacts, which may serve useful down the road in someone's career."

Various studies, such as the one done by Christine Greenhow from the University of Minnesota, suggest students using social networking sites are practising the kinds of 21st-century skills we want them to develop. But Aarabi says it's unclear how they do this.

"It is not clear how much these sites help with technical skills and communication skills for the members, but they do help them in building personal and professional networks, which is essential for most careers in today's day and age," says Aarabi.

Online social networks help people to stay connected, even once they're out of school.

James Cullin, multimedia design production technician program co-ordinator at Humber College, agrees with Aarabi, adding that though these platforms may not teach students anything in terms of tech skills, they do encourage a more relaxed form of communication.

"I think the key benefit from a job hunt perspective is that social networking platforms allow students to more easily keep in touch with their classmates after they graduate," says Cullin. "So in that regard, they enhance the prospect of getting a job through a friend."

It seems that the most important thing social networks offer anyone is how to build contacts and as the old saying goes, "It's not what you know, but who you know."

"In today's world it is a bit of both. You need to have the skills and to know the right people to succeed in the job market," says Casey Solomon, third-year public relations student at Humber College. "Being part of a social networking site, or having a large social network will help you find out information through word of mouth."

When it comes down to looking for a job, the more research and contacts you have the better. So, yes, social networks do come in handy to a certain degree.

"They are helpful in giving students and graduates a sense of some of the jobs that are available," says Thomas Klassen, associate professor, department of political science and school of public policy and administration, York University. "But the sites are just a starting point; applying only to jobs on these sites is a low probability strategy."

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Tip for networking success
Networking is a two-way street: Be ready to respond to the needs and questions of others. Don't always focus on yourself. WWW.WISEST.UALBERTA.CA

Researchers found students who used social networking sites learned and used skills related to communication.

Appraising Facebook

Site offers strong educational benefits, study suggests

RAFAEL BRUSILOW
for Metro Canada

If you've ever skipped class to update your Facebook profile you can feel a bit vindicated knowing that you're probably learning a few valuable skills along the way.

A new study released by the University of Minnesota suggests use of online social networking sites such as Facebook and MySpace can have strong educational benefits for students.

Christine Greenhow, a researcher from the university who led the study, said researchers found students using social networking sites learned and used skills related to communication, collaboration, creativity, knowledge synthesis and critical thinking — all valuable skills to have in today's world.

"We wanted to see what students were actually doing on these sites and what we found was they were developing the kinds of core competencies we want them to develop in today's digital age," Greenhow said.

Greenhow also suggests such sites can help students become better digital citizens by learning how to avoid online abuse and fraud, be safe and responsible and report harassment in the digital world. It's all part of making students not only competent with important technologies but eager to use them as well.

"Students who use these technologies in their school years will potentially be at an advantage."
Christine Greenhow

"We want students to have a positive attitude to using technology in their lives — we don't want them to be afraid of using it," Greenhow said.

Liss Jeffrey, director of the McLuhan Global Research Network at the University of Toronto, says the study shows that the educational benefits of the writing and communicating students do on social networking sites shouldn't be ignored.

"We should encourage media literacy and I do think that this study says, 'Let's not write off these sites,'" Jeffrey said.

As proof that such technologies are no longer child's play, many companies have already adopted and converted them for use in the business world. Instant-messaging software is popular as a communication tool at many offices, and an increasing number of employers are experimenting with their own Facebook-style networks to aid in teamwork and collaboration.

The bottom line is the skills kids learn on social networking sites are often directly transferrable to the real world — something Greenhow says gives kids who master those skills a leg up on the competition in the job market.

"Students who use these technologies in their school years will potentially be at an advantage when they join the workforce where these technologies are already in place," Greenhow said.

about Facebook

Facebook has more than 80 million active users, is the sixth most trafficked website and the second-most trafficked social media site in the world. There are more than 55,000 regional, work-related, collegiate and high school networks. At more than 14 million photos updated on the site daily, it is the No 1. photo sharing application on the web. SOURCE: FACEBOOK.COM

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Opening doors for ex-students

Profs can help graduates seeking work

VERONICA BOODHAN
for Metro Canada

Students hoping to cut all ties with their professors, right after they graduate, might want to think again.

Professors who keep in contact with their students are providing more opportunities to help them with their careers. While some students may only wish to communicate with a professor for a job reference, opportunities such as internships and job openings are becoming more available.

Lisa Chambers, director of the Centre for Community Partnerships at the University of Toronto, encourages this open communication.

"Students should always want to connect [with professors], so they are not just another face in a lecture hall," she says.

The Centre for Community Partnerships helps provide students with Service Learning, an opportunity to gain work experience and get involved with the community. According to Chambers, it has allowed professors and students to work closely, when trying to find work-related opportunities.

"Professors have said [Service Learning] provides a chance for them to stay communicated with students," Chambers says.

Many programs with co-op components allow students to communicate with their professors more frequently, when working together to find internships. But the benefits of keeping in contact with professors may exist in any program.

"Students should always want to connect [with professors] so they are not just another face in a lecture hall."
Lisa Chambers

Amy Thurlow, professor and chair of the public relations program at Mount Saint Vincent University in Halifax, keeps in contact with an average of 50 to 60 per cent of her students, right after they graduate. This communication has allowed her to help open career doors for some students.

"Employers contact me about job opportunities and [students] who keep in contact with me get into that," said Thurlow.

With e-mail, it is even easier to keep in touch with your former professors, experts say.

In all programs, professors often maintain a network of people who are already in the work-field. Students may gain access to this network by simply keeping in contact with their professors.

Many professors including Jeff Roach, corporate communications professor at Seneca College, prefer to keep e-mail communication with students.

"[E-mail] is a great invention for instant communication. It sets everything up so there is no phone tag," said Roach.

As e-mail is a growing form of communication, it makes it even easier for students to keep in contact with professors.

While some benefits may only be experienced after one has graduated, students may want to try staying in contact with professors while they are still in school.

"It can be useful for students in their career and in terms of [creating] their own network," said Thurlow.

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Alumni events not to be missed

Maintaining contact with fellow grads can be emotionally, professionally valuable

BRIAN TOWIE
Metro Canada

I never made much of an effort to keep in touch with my alma mater, York University's Glendon College Campus, though it is a fantastic place to learn and grow, and I look back on it very fondly.

During my halcyon days at the small liberal arts school, I encountered a great deal of students poignantly described by my girlfriend as "Haight-Ashbury fascists" — a type of acoustic guitar-wielding, hemp necklace-wearing sophist who berates you for not signing their petition supporting whatever the cause celebre happened to be that particular week; and then in a fit of ill-gotten gusto unleashes vain, self-indulgent poetry in the school paper like a bonobo pitching its paw-paw-laden leavings.

Anyway, I persevered, got my degree, and ignored the invites to meet with my fellow grads. But in doing so, I might have missed out on some wonderful experiences and relationships with the people I kept as friends, say officials for various alumni organizations. Maintaining contact with your fellow grads can be both emotionally enriching and professionally lucrative, they claim, but here in Canada it's not an attitude that's fostered enough.

"There's a school pride in the U.S. that isn't consistent in this country," says Catherine Bagnell Styles, associate vice-president of external relations at the University of Calgary. "We're more brash in the sense that we tend to focus on the future, but our time at school should be looked on as some of the best years of our lives. You can share a sincere connection because you shared the same experiences."

Bagnell Styles adds those who graduated with you may be in professions in which you're looking to either enter or advance.

There can be many career opportunities at alumni events, experts suggest.

"From a networking perspective, there are many career opportunities," she said. "Many of those who graduated with you may have had the same major, and are now in positions that may enhance the career you want to pursue."

Factor in the notoriety your school gets through the work of its grads, says James Allan, director of York University's alumni office. It works both ways: The more successful the alumnus, the higher profile the institution enjoys, along with those who have just completed terms there and are now seeking employment.

"There's an element of enlightened self-interest to staying in touch with an alumni organization," Allan said. "You're part of the reputation of your school and what you do determines whether it rises or falls. The greater the reputation of the school, the more value your degree will have."

There is, however, the argument against being true to your school — backed up by universities and colleges inundating exasperated grads with mail offering them their chance to give back, usually financially, to the institution that armed them with lessons for both their careers and personal lives. A recent graduate of the University of Toronto's Scarborough Campus says it's distasteful when schools charging exorbitant prices for tuition, housing and then like to rattle their tin cups among their former students.

"There's an element of enlightened self-interest to staying in touch with an alumni organization."
James Allan of York U

"I chose not to receive e-mail from my university as I do find it somewhat annoying," says Neil (last name withheld by request). "On several occasions I have also been solicited over the phone to make donations to the university. Being that everything in university from the parking fees to the merchandise is ostensibly overpriced, I feel I have already made my donation."

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Making connections, asking questions key to successful networking

GetSmart

Tracy Rogers
tracy.rogers@senecac.on.ca

Summer is often filled with many social gatherings including outdoor patios, backyard barbecues and family functions. These social get-togethers can make for a fantastic professional networking event. Your cousin's wedding reception or neighbour's cookout can be transformed into a career launching meeting or advice-gathering session.

Networking is about enhancing career goals by uncovering employment opportunities and information through connections with like-minded people. When you are invited to attend an event, half the work of finding ways to connect with others is already done for you. All you have to do is make that connection effective.

Start by introducing yourself; get to know people by being friendly and approachable. You could break the ice by saying, "So how to do you know (the host)?" Since you both know the host, you already have something in common, which is often a difficult part of networking. Continue the conversation by asking them casual questions and learning about them. It is not uncommon for people to enjoy talking about themselves so encourage them; be attentive and listen. Avoid asking questions that are too personal, such as "how much money do you make?" and certainly don't come right out and ask if they can hire you at their company. Instead, take opportunities to talk a little about your career plans. You may say, "I just recently graduated and am beginning my career ..." and, if appropriate, ask if they have any advice or know of any openings.

You never know who knows who. The person you are talking to just may know of a potential job in your field. In order to learn about possible opportunities you need to focus on two-way communication.

The key to networking is making connections, learning from others and asking questions. Remember, people are willing to help motivated, sincere and friendly individuals. Networking is not just one-sided, don't miss an opportunity to give back, provide advice or assistance whenever possible.

Next time you are invited to an event this summer, remember you could be cooking up some good career advice that just may be the topping you need.

Tracy Rogers is the Career Services Co-ordinator for Seneca College, Seneca@York Campus.

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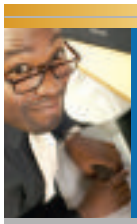
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Event planners make connections

Industry411
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Name: Derek Clarke & Jamie Sharpless
Years of experience: 10
Occupation: Owners of *ROLLOUTTOURS.com*

Q How did you get started in your industry?

A With very unique and different backgrounds, we began our event-planning careers at roughly the same time. After studying at York University for his bachelor of arts, Jamie spent time exploring and travelling through western Europe before returning to Toronto and launching various entrepreneurial ventures.

Derek's event-planning background began while working for Disney, Celebrity and Holland America Cruise Lines. Soon he was directing tours around the world for several companies. Today, his focus is on Roll Out Tours, which targets Toronto and its surrounding areas.

We met in 2007 after searching the Internet for bachelor party ideas for a mutual friend. To our disappointment, we were unable to locate any classy or upscale options without doing our own research. This experience created the idea and motivation to launch Roll Out Tours, a full-service tour company specializing in upscale packages, including paintball, martini mixing and VIP club entry for bachelors and bachelorettes.

Q Describe the ideal qualities a person should have to succeed in your industry.

A Working in this industry is no different than most, but having great interpersonal skills and being as outgoing as possible is certainly an asset. We both thrive in pressure situations and problem solving. These two qualities have given us a huge advantage over the competition. Another quality that has helped us succeed is providing great customer service.

Q What kind of background, either educational or other, best suits someone starting out in your industry?

A Many schools in Ontario offer hospitality and event-planning programs. These are all great to start out and will definitely offer you valuable connections to get your foot in the door with different companies. Derek attended *www.itmitourtraining.com*. This is an alternative that event planners and tour managers should consider as it will connect you with 200 of the world's largest tour operators.

Q What are the most challenging aspects of your industry?

A Our industry is always changing and growing. In order to keep up, we are always building new relationships and strengthening old ones. We work to constantly improve our product while adding new options.

Q What do you like the most about your job?

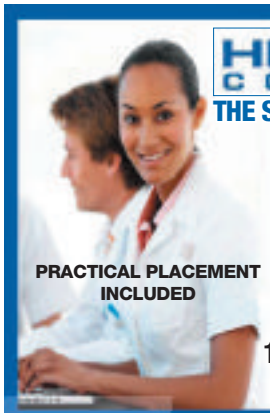
A The best part of our job is definitely being our own boss. We have a great relationship and really have the same goals and focus when it comes to the business. Between the two of us, we are able to make timely decisions, which often may be impossible working for larger companies. It's also a great thing to be able to meet so many of our clients on an individual basis. We have that ability to jump into the bar on a Saturday night and meet a lot of our groups, buy them a drink and make sure everything is going well — not a lot of companies can say that!

Q For newcomers to the industry, what tips would you offer them on getting started in their career?

A The most important aspect of a business being successful is finding your niche. You have to find a product or service that no one else offers in your marketplace. Do a lot of research and never be afraid to call an established business and ask questions. One thing we have learned is that most people are eager to help and offer advice. We are still learning as business owners and it's important to be open-minded to everything — that's part of the learning curve.

more online

To read the full version of this column, go to *metronews.ca*.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Increased Demand for Pharmacy Technicians
Several demographic and economic factors have come together which has created an increased demand for Pharmacy Technicians.
The aging baby boomers rely on medications to maintain their health and quality of life. Many new drugs are making it to the marketplace. Hospital care is expensive so there is a greater emphasis placed on home care with proper medications. Generic drugs are affordable and available.
Herzing College Pharmacy Technician graduates may work in drug stores, hospitals, senior residences, research laboratories and medical centres. The Pharmacy Technician program is 12 months in length including a 2 month practical placement. Students report that they like the clean working environment and helping people.

Volunteer work
Helping others is the best thing we can do for ourselves. No matter what your age or interests, it pays plenty of health dividends — lower blood pressure, strengthened immune system, and enhanced self-esteem. ALIVE MAGAZINE

Health

Weight loss

When stepping on the scale, consider that your weight is not as important as your body composition. Muscle is more dense than fat. If your weight loss plan includes weightlifting or resistance training, judge your progress by the fit and feel of your clothes rather than your weight. ALIVE MAGAZINE

Longer lashes

Glaucoma treatment's beauty side-effect

Goodbye mascara.

One day soon you could have longer, thicker, darker eyelashes thanks to a drug called bimatoprost, which is now used to treat glaucoma and happens to have a happy side-effect — extreme lash growth.

Only one problem. The drug, at least as it's used to treat glaucoma, has another possible cosmetic effect — raccoon eyes, or darkening of the skin around the eyes.

Hello concealer.

Allergan, the California-based maker of Botox, announced it will seek approval from the U.S. Food and Drug Administration to market bimatoprost — which it's been selling in eyedrop form to glaucoma sufferers under the label Lumigan for years — as a treatment to stimulate eyelash growth.

The lash-lengthening drug could be available as early as 2009 in the U.S., though Allergan has not said it intends to seek approval in Canada.

The company tested bimatoprost's cosmetic benefits in a 2007 trial that included participants in San Diego and Vancouver, though it won't discuss the results, beyond a news release that was issued earlier this month.

"We are pleased with the results of our clinical program and believe this innovative program, if approved, could meet a significant and unmet demand in the medical aesthetic marketplace."
Scott Whitcup, Allergan

"We are pleased with the results of our clinical program and believe this innovative program, if approved, could meet a significant and unmet demand in the medical aesthetic marketplace," Scott Whitcup, Allergan's executive vice-president of research and development, said in the release.

The company won't say how the product is applied, whether side effects were reported, what it will cost or how dramatic the results of the trial were.

"For proprietary reasons, until published, we are not providing any more detail around the clinical program," Heather Katt, Allergan's manager of corporate communications, wrote in an email last week. In other words, the company doesn't want to give away trade secrets to potential competitors.

In addition to being an effective glaucoma drug, Lumigan has dramatic cosmetic effects, confirms a local doctor who specializes in glaucoma and has prescribed it to treat the eye disease.

"It certainly causes eyelashes to grow," says Dr. Graham Trope, a professor of ophthalmology at the University of Toronto and a specialist in the treatment of glaucoma. "It can be quite profound. It doesn't occur in everybody, but does occur in many."

A Phoenix-based optometrist who specializes in geriatric glaucoma and prescribes the drug to aging patients says it even has the power to regrow lashes that fell out long ago.

"It doesn't matter how old, or whether it's a man or a woman," says Dr. Shannon Steinhauser, describing the bimatoprost-boosted lashes as "longer, thicker and darker."

Female patients particularly like the lashes, she says, but they don't like the raccoon-eyes. "It's a tired look," she says.

When given a choice to switch drugs, though, her patients usually opt to continue taking Lumigan — and applying under-eye concealer to hide the darkened skin — because it's the most effective and easy-to-take option for glaucoma.

Lumigan stops progression of the disease by reducing pressure in the eye.

TORSTAR NEWS SERVICE

California-based Allergan will seek approval from the U.S. Food and Drug Administration to market bimatoprost, used for glaucoma, as a treatment to stimulate eyelash growth.

Conceiving a better diet: Foods that can improve fertility

CELIA MILNE
for Metro Toronto

PREGNANCY Could the low-fat craze be stopping some women from getting pregnant? It's possible. This and other nutritional surprises are found in a new book called The Fertility Diet. Far from just another fly-by-night diet book, this book is written by two experts from Harvard University in Boston who have been studying nutrition and fertility for decades.

Drs. Jorge Chavarro and Walter Willett pored over findings from the Nurses' Health Study II — one of the longest-running studies ever of women's health factors — to find out what kind of diet best boosted fertility. There were 18,000 nurses in the study. Indeed, researchers found that whole fat dairy products protected against a common type of infertility called ovulatory infertility. The source of protein is important, too: Nuts and beans appear to enhance fertility while red meat decreases it. And another surprise: Intense exercise boosts fertility.

"What we learned from this study is that these simple lifestyle changes can actually reduce the risk of experiencing infertility when it's due to ovulatory disorders, one of the most common causes of infertility," said Dr. Chavarro in an interview.

While following the nutritional guidelines in the book won't guarantee that a woman will conceive, it does increase her chances.

Much of the advice in The Fertility Diet is similar to nutritional advice often given to prevent many diseases.

- Avoid trans fats
- Use more olive and canola oils
- Cut back on red meat
- Eat more beans and nuts
- Choose whole grain rather than white bread
- Eat or drink full-fat dairy products
- Take a multivitamin containing folic acid
- Avoid soda pop
- Stay lean and exercise regularly

New book The Fertility Diet recommends nuts, beans, full-fat dairy products, and whole grain bread as some foods that can increase a woman's chance of conceiving.

Hot stone massage

Next time you're at the spa, try a hot stone massage for total relaxation. A massage therapist places warm, smooth, black river rock on strategic parts of the body, such as between the toes, in the palms of hands, and on the chest and back. **ALIVE MAGAZINE**

Health

Family vacations and personal sanity don't always go hand in hand

HineSight

Anne Hines

Today, I'm packing for our annual family vacation. To be honest, "family vacation" seems a contradiction in terms; much like "too much coffee" or "leisure activity" or "delicious soy beverage." There's an old saying, "Friends are God's way of making up for your family." Family vacations often leave me muttering, "Yeah, well, it's not enough."

I love my family. I just don't always love being with my family. I am not one of those people who think that families are people who push all your buttons.

Real family, I'm convinced, are the ones who push your buttons, hold them down and slap a piece of duct tape over them.

If one of our family loses a job, divorces, or comes out as gay or transgendered — we have shared all these things, some more than once — the rest rally round and support each other, no question. But on a day-to-day basis, we bicker. We argue. We have difficulty always seeing life from the other's perspective.

We share a problem that is common to many family groups — we're human.

Over the years, I've learned how to balance those two precious things in life that don't always seem to go hand in hand: Family relationships and personal sanity. Simple methods. Patience. Understanding. Call display.

When it comes to family vacations, one coping strategy is to focus on the upsides.

For instance, anyone who has trouble channelling their inner child can spend many years in expensive, in-depth therapy, or they can attend a family gathering. With family, no one ever progresses past seven years old. No matter how mature or sophisticated I think I've become, my brother, Bruce, has only to say, "Remember the time Anne set fire to the dining room table?" and I'm reduced to, "Mom! Bruce is teeeeasing meeee!"

Self-help books can also be useful. Basically, these authors give the same advice as your mother, without finishing off with, "And if you'd sat up straight at the table this wouldn't be happening." It makes all the difference.

One book I read suggested that families who share a common dream get along better. My brothers and sisters do this: We each dream of being an only child.

In the end, the best we can hope for from time with relations is that after the squabbles and misunderstandings, we're still together. And perhaps, when it comes to family, that's just perfect.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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New Orleans rebuilding
Nearly three years after Hurricane Katrina struck New Orleans, the city's universities are seeing dramatic spikes in applications and projected enrolment. Applications this year at Tulane University are almost double the numbers seen prior to Katrina. METRO

Workology

uWindsor pub shut
The University of Windsor's campus pub, The Basement, shut down in April due to growing debt and lack of student business. The pub saw profit in only 2 of the last 10 years, and lost over $60,000 this year. METRO

Kitchens, coffee and cleanup

Break room etiquette pointers for the modern-day office environment

Smashing someone else's lunch in the refrigerator to make way for your own. Draining the last of the coffee in the pot and not refilling it. Stealing others' food.

While it may be OK to do these things in your house, it's bad form in the workplace, say etiquette experts. After all, the office kitchen is a communal space.

But if there's a slob or a food stealer among your ranks, don't despair. Sometimes all it takes are some firm kitchen rules. Here are some tips from etiquette experts on how to make the office kitchen a clean and friendly place.

REFRIGERATOR RULES

• Put someone in charge. That doesn't mean the person has to do the cleaning, but he or she can make sure it's done, whether it's creating the cleaning schedule or enforcing the rules, says Jodi R.R. Smith, owner of Mannersmith Etiquette Consulting.

• Be courteous. Don't fill the fridge, freezer and pantry with so much food, no one else has space, says Lizzie Post, author of How Do You Work This Life Thing?

• Don't smash someone else's sandwich to make sure your Tupperware fit, says Post. Take the time to reorganize the contents of the fridge to make way for your containers.

• Label all food, including unopened soda cans (someone might think they are left from a meeting) and condiments, says Smith. Labels also help co-workers know who to ask if they want something that's yours, adds Post.

• If it has no label, ask around to see if you can find out who it belongs to and then ask the person if you can have it, says Post. This goes for condiments as well, whether it's mustard or skim milk for coffee.

• Don't store anything super smelly, says Smith. Someone's desk may be close to the refrigerator, which means a strong whiff in his or her direction each time the door is opened.

• Check the rules before sticking something on the fridge, such as fliers, classified ads or sign-up sheets, says Smith.

• Be responsible. If you know you are going on vacation for a week, do something with your food, whether it's taking it home or giving it away, says Post.

• Clean the fridge regularly. How often depends on how big the office is, but Smith recommends at least twice a month. Post the date and time the fridge will be cleaned out.

COFFEE POT

• "The rule is: If you drink the last of the coffee, make a new pot," says Jacqueline Whitmore, author of Business Class: Etiquette Essentials for Success at Work.

MICROWAVE

• Know the rules on popcorn. Many offices have banned microwave popcorn because of the smell and the propensity to set off the smoke alarm, says Smith.

• Be conscious of other foods that have lingering smells.

• Do not cook meals in the microwave. "Office microwaves are meant for heating food — not cooking it," says April Masini, author of the advice column *AskApril.com*.

• When you are done microwaving, check to make sure nothing spilled. If food seeped or exploded out, clean it up immediately, says Smith. "It is much easier to do when the food is warm than after it cools and bakes to the walls," she says.

FOOD STEALING

• If someone is stealing, talk to the boss and then bring it up at a staff meeting, says Smith. Or, if all else fails, bring a cooler, says Whitmore.

THE ASSOCIATED PRESS

Office kitchens should have their own set of rules and regulations, say etiquette experts.

"The rule is: If you drink the last of the coffee, make a new pot."
Author Jacqueline Whitmore

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OnTheMove

Enza Supermodel
enza.supermodel@metronews.ca

Bonnie Shulman

BONNIE SHULMAN puts people in the know. Shulman's responsibility as senior communication specialist with the Workplace Safety and Insurance Board is internal communications and getting information out to clients and their employees. She's the new kid on the block but has worked with other companies like the Toronto Board of Trade and Halton Regional Police. She's also a serious hobby photographer.

OCCUPATION: Senior Communication Specialist
LOCATION: University and Front streets

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Broken legs
Opera star Dame Joan Sutherland has broken both her legs after a fall in the garden of her home in Switzerland. METRO

Entertainment

Taylor live
James Taylor is currently touring Canada with his wife, Kim, and their seven-year-old twins Henry and Rufus. He plays Toronto tonight. METRO

Polaris list unveiled

Kathleen Edwards, Stars up for prestigious music prize

BRYAN BORZYKOWSKI
music@metronews.ca

Electro-pop rocker Caribou, hip-hop artist Shad and popular indie act The Weakerthans were among the artists shortlisted yesterday for this year's Polaris Music Prize.

Like the Mercury Prize in the U.K., the $20,000 Polaris honours the year's best Canadian album as voted on by a jury of 178 music journalists — past winners include Final Fantasy and Patrick Watson.

"It's a strong list as always," says Steve Jordan, Polaris' executive director. "This year points to a lot of the reasons why the whole world is getting into this stuff."

The winner will be announced at an awards show in September. Here's a quick look at the 10 artists who made the short list:

Black Mountain, In The Future: If your radio is permanently set to classic rock, this Vancouver psych-rock act is for you. Their second disc is loaded with heavy riffs, Led Zeppelin-like wails, and Black Sabbath infused bombast.

Basia Bulat, Oh My Darling: You can't go wrong with sweet, folk songwriting, but this London, Ont., singer-songwriter offers more than that. Her debut disc is loaded with easygoing indie pop numbers, perfect for a summer drive to the cottage.

Caribou, Andorra: Dan Snaith might not be living in the Great White North anymore — he calls London, England, home — but his electronica-meets-Beach Boys pop tunes are still beloved by indie-loving Canucks.

Kathleen Edwards, Asking For Flowers: The buzz has been building around this songstress for years and it's easy to see why. Her third disc includes everything from low-key hooks and distorted guitar blasts to gut wrenching lyrics about a murdered Toronto 20-something.

Holy F--k, LP: Their name might be controversial, but you can't argue over this Toronto band's talent. The foursome is known for frenetically twisting knobs, pounding keyboards and pushing buttons to achieve some of the best distorted dance music around.

Plants And Animals, Parc Avenue: They might share a label with last year's Polaris Prize winner (Patrick Watson), but that's where the similarities end. This trio's debut delves deep into jammy, classic rock territory, complete with harmonies, solos and hooks.

Shad, The Old Price: While it's a shame more hip hop didn't make the short list, Shad's sophomore disc is definitely deserving of the prize. Stocked with infectious rhymes and brilliant beats, Shad isn't afraid to get serious about the travails of Canadian life.

Stars, In Our Bedroom After The War: Stars' fourth release is the dreamiest record on the list. While the lush, complex arrangements alone should garner these guys a few points, the boy-girl harmonies might put them over the edge.

Two Hours Traffic, Little Jabs: This Joel Plaskett-produced Charlottetown foursome play catchy, road-trip approved rock 'n' roll, ideal for a jaunt across Canada.

The Weakerthans, Reunion Tour: These Winnipeggers are known to many — their poetic lyrics and accessible sounds have fans around the world — so it won't be a shock if their introspective new disc takes the crown.

Stars, above, and Kathleen Edwards, right, are among the artists nominated for this year's Polaris Music Prize.

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Surprise singer
Fans at a recent NASCAR event realized they were listening to a band fronted by Kevin Costner. METRO

World music fest launches today

SANDY CAETANO
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Small World Music kicks off its fourth Summerworld Concert Series tonight when it presents rebellious French-Algerian rocker Rachid Taha at the Phoenix concert theatre.

"Rachid Taha is a huge name in Europe. Politically-charged lyrics on top of a combination of Arabic music and rock have kept him at the forefront of the scene for years," says Alan Davis, executive director for Small World Music.

Rachid Taha

The Summerworld Concert Series, which runs through July 18, will present shows by five cutting-edge world music artists at venues around the city. For a full lineup, visit *www.smallworldmusic.com*.

Davis says organizers initially shied away from holding the series at this time of year, when a slew of shows and festivals compete for music fans' attention.

But they just couldn't pass up on the talent available during the warm months.

"The summer touring schedule has some of the best world music acts crisscrossing North America. Often they'll be playing one or two cities in the area so we can pick up tours that don't for example, have a date with Harbourfront," says Davis.

Counting down today's top Fringe Festival picks

RICK MCGINNIS
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1. A Mirror Up To Nature
Rodger Barton takes 30 years of experience as a Shakespearean actor to imagine a tour of the original Globe Theatre in the writer's day. 1 p.m. Tarragon Extra Space 30 Bridgman Ave.

2. We Is Blunderstruck!
The funeral of a friend turns into a great opportunity for a gig by a rock trio — a Saskatoon theatre trio uses their clown training to illuminate this spectacle. 3 p.m. Royal St. George 120 Howland Ave.

3. Pokeroot And Mistletoe
A teenage boy's miserable self-isolation is interrupted by a demon in the shape of a teenage girl who decides to complicate his life further — who's to say stuff like this doesn't happen every day? 5 p.m. Helen Gardiner Phelan Playhouse 79A St. George St.

4. The Fever
Wallace Shawn — the nebbishy little guy from Princess Bride and My Dinner With Andre — wrote this play about a man who comes to a realization about poverty and privilege when he takes ill in a poor country undergoing a civil war. 7 p.m. Cameron House 408 Queen St. W.

5. The Movies
Movies — literally, all of them — reduced to just the key bits in this hour-long comic revue by a company that did the same for The Bible and Ghengis Khan. 10:45 p.m. Theatre Passe Muraille Main Space 16 Ryerson Ave.

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Second City troupe headlines celebration of smiles

Toronto's Second City comedy troupe, which has given rise to some of the best comedians of the past generation, will be headlining the Everyone Can Afford To Smile More comedy fest taking place tomorrow at the corner of Yonge and Eglinton. METRO

Baldwin urges New York to ban horse-drawn carriages

NEW YORK Actor Alec Baldwin has persuaded New York City officials to reconsider placing a ban on New York's famous horse-drawn carriage trade. The native New Yorker appeared at a People for the Ethical Treatment of Animals event just last month to campaign against the industry. He believes the frantic streets of New York are no place for nervous animals to haul around heavy carriages.

SOURCE: IMDB.COM

Contest closes July 14, 2008. Must be Canadian residents, 13 years & older and a Facebook member. Go to Rogers Show Off Your Summer Facebook page for full rules or to create a photo mosaic to enter. Limit of 1 photo mosaic per Facebook account per week. 30 prizes consisting either of one Nokia N95 ($689.99) OR one Sony Ericsson K850i ($299.99). Odds of winning depend on the number of votes received on mosaics. Correct answer to mathematical skill-testing question required. No purchase necessary. TM Trademarks of Rogers Communications Inc., used under license or of Rogers Wireless. All other brand names are trademarks of their respective owners. © 2008 Rogers Wireless.

Osbournes back on TV for variety show

The Osbourne family is making a return to U.S. television with a variety series, according to a report.

DAVE HOGAN/GETTY IMAGES

Ozzy and Sharon Osbourne.

Sharon, Ozzy and their children Jack and Kelly will host the six-part show, which will feature music and comedy sketches, BBC News Online has Daily Variety reporting.

The Fox network has commissioned the program and plans to launch it with a Christmas special.

The Osbournes' MTV reality show ran for three years until 2005, while they presented this year's Brit Awards.

Mike Darnell, Fox's head of alternative programming, said the show was intended to make the concept of the variety show "feel new."

SIBLING RIVALRY

Other elements for the show under discussion include a game show slot, audience participation and pre-recorded location items.

Eugene Young, an executive producer with the show's makers Fremantle, told Variety it would "tap into what the Osbournes do best, which is be themselves."

He said Ozzy might be shown "skewering pop culture," while the sibling rivalry between Jack and Kelly would become a feature of some of the sketches.

"(The show will) tap into what the Osbournes do best, which is be themselves."
Executive producer Eugene Young

Celebrity TV variety shows that were popular in the U.S. during the 1970s included those fronted by Sonny and Cher and Donnie and Marie Osmond.

The Osbournes have become U.K. TV regulars, with Sharon Osbourne appearing as a judge on The X Factor. She also sits on the panel of America's Got Talent.

Her son Jack has his own U.K. series called Jack Osbourne: Adrenaline Junkie.

METRO NEWS SERVICES

Duffy becomes first U.K. artist to sell 1 million this year

U.K. Welsh soul star Duffy is to become the first artist to sell one million albums in 2008, according to the Official U.K. Charts Company, BBC News Online reports.

But her debut album, which spent five weeks at No. 1, is being hotly pursued by Coldplay's Viva La Vida, which is now top of the charts.

The Welsh singer's single Mercy is the bestselling song of the year to date.

Debut albums have made a big impact so far in 2008, including maiden hits by the Ting Tings and Amy MacDonald. Scouting For Girls and Adele have also helped debut collections make their biggest mark this year. METRO NEWS SERVICES

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There are no plans for a rumoured big-screen version of the TV series Friends, film studio Warner Bros. has told the BBC.

DVD picks

Batman Begins: Limited Edition

Director: Christopher Nolan
Stars: Christian Bale, Michael Caine, Katie Holmes
Rating: PG
Grade:

CHRISTOPHER NOLAN'S 2005 rethink of the Batman franchise, released in standard and Blu-ray DVDs to mark the impending arrival of The Dark Knight sequel, is as much a salvage job as a celebration of the comic book legend.

The series had run its course, having been driven into the ground by Joel Schumacher's camp travesty Batman & Robin a few years earlier. Nolan returns to the story's exceedingly dark roots by way of this crackling good prequel, which springs from childhood fears and adult recriminations.

With Christian Bale smartly in place as a brooding and vengeful angel of payback, playing a billionaire playboy who turns costumed vigilante at night, Nolan restores the humanity of the piece. He dwells on motivation and character rather than piling up the action scenes, and he provides plausible and fascinating explanations for the creation of Batman, from costume to car.

The few action scenes he does give us are good ones that are integral to the story, not just tacked on for gratuitous violence. Batman Begins has almost too many stars: Michael Caine, Liam Neeson, Morgan Freeman, Tim Roth, Katie Holmes, Tom Wilkinson and Cillian Murphy support Bale as either heroes or villains, and the temptation to showboat must have been high.

They all rise to the challenge of secondary greatness, with the exception of the dismal Holmes, who is woefully miscast as the feisty love interest (she's been replaced by Maggie Gyllenhaal for The Dark Knight, thankfully).

The extras on both the limited edition gift set and the Blu-ray disc are mostly aimed at gearheads who want to know how the special effects were achieved.

There is very little in the way of examining the thought process behind the series revamp – no commentary from Nolan for example. But it does offer a peek at The Dark Knight, including the first six minutes of the film on the Blu-ray disc, and that should more than whet your appetite for another serving of Nolan's midnight visions.

Funny Games

Director: Michael Haneke
Stars: Naomi Watts, Tim Roth
Rating: 18A
Grade:

WARNING: This is a very fine film, but it's meant as provocation, not entertainment. When Austria's Michael Haneke premiered his original German-language home invasion shocker at Cannes audience a decade ago, he observed that it was his European "reaction" to mindless American thrill-kill movies. To prove the point, he's remade Funny Games in English, with Tim Roth and Naomi Watts in the starring roles of a well-to-do couple tormented by a psychopathic stranger (Michael Pitt) and his accomplice.

The film preys on our deepest fears of personal violation and irrational bloodletting. Haneke doesn't want to make us feel better about these things. He goes one step further and suggests we are to blame for them due to our mindless embrace of violent entertainment. We are made complicit in the terror, both in its design and its execution. Although most of the violence happens off-camera, it is of small comfort. Haneke isn't out to spoon-feed us any answers, which explains why the DVD has no extras whatsoever, apart from promos for other films.

Classical

Featuring: Alexis Weissenberg, Tatiana Nikolayeva, Sviatoslav Richter
Grade:

THE LABEL behind *medici.tv* has issued a series of bare-bones classics packages featuring notable 20th century pianists. The only must-get is a mesmerizing 1965 film by Sweden's Ake Falck of a 35-year-old Alexis Weissenberg performing three movements from Stravinsky's ballet score Petrushka. Given the advances in computer graphics, it's time someone came along to outdo this black-and-white gem. The bonus track is an interview with Weissenberg about the film. There is much else to savour here, including a fabulous Nocturne for the Left Hand by Scriabin and, Glenn Gould eat your Bach out, a captivating rendition of the Chromatic Fantasy.

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Green moving means being aware of our environment and employing methods that are not harmful to our eco system.

It involves changing practices that have historically been big on waste such as throwing away cardboard boxes and bubble wrap. Kai Hansen, research director for Canadian Relocation Systems says eco-friendly moving means scaling back a bit.

"Don't accumulate too much stuff. Less is good for the environment, and the less stuff you move, the less gas your moving truck will burn," says Hansen. "Green moving can also translate into more 'green' for you because you'll likely spend less to move your household."

So get rid of stuff before you move it. Consider holding a garage sale, or selling your unnecessary items online at Craigslist or through eBay.

Buy used cardboard boxes. If using cardboard boxes, look for boxes made of recycled material.

"You can also use plastic storage boxes, but if you have to purchase them and not use them after the move the best way is to rent your moving boxes," says Hansen.

You can also ask if your moving company uses bio-diesel trucks, uses moving pads made of 100% recycled cotton and rents packing crates. And to minimize pollution plan the move from point A to point B without any detours.

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Lionsgate Entertainment
has announced an innovative distribution and publishing agreement with indie label Narnack Records. METRO NEWS SERVICES

Back to reality for Ozzy?

IntelleVision

HELLO AND WELCOME (mumble mumble) THE OSBOURNES GRAULAGRRAH SHOW ROCK AND ROOOOLLLLLL! After basically revolutionizing reality TV, Ozzy Osbourne and his family dispersed into various TV ventures such as Project Catwalk, America's Got Talent and Jack Osbourne: Adrenaline Junkie, but they're getting back together next year for a revival of the variety show concept that attracted interest from all four networks when it was announced a month ago.

According to a TV Week story, FremantleMedia North American — the people behind Idol, among many others — have gotten a six-episode commitment from Fox for the show.

"We've been talking about how to renew the variety show concept and make it feel new for years now," Fox reality TV svengali told Variety, who added that the network hopes to launch the show with a Christmas special.

Variety speculated that the show will "blend musical perfs by the Osbournes and others with comedy sketches as well as gameshow, audience participation and out-of-studio taped elements. One idea being kicked around is for a segment dubbed The Osbournes Meet the Osbournes, in which Ozzy and Co. spend time with another Osbourne clan."

Another possible segment of the show will supposedly involve Ozzy "skewering pop culture," which was exactly what I was hoping I'd be watching on TV as a middle-aged man when I was sitting in my room listening to Paranoid on headphones when I was 13.

YOU WISH, BUDDY: Simon Cowell, who knows that you've got to stay in the news at all costs, told ShowbizSpy.com that Paramount is interested in a movie about his life, and that he wants Brad Pitt to play him.

"It's believable!" Cowell said, no doubt insisting on the exclamation mark. Oddly enough, his fantasy hasn't extended so far as to knowing whether he'd do a cameo in said film.

Rick McGinnis writes about music, movies, books and television, but not opera.

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	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/8/08	265	353	2	TVO	Into the Wild	Into the Wild	The Agenda With Steve Paikin		The Amazing Mrs. Pritchard		Design e2	Design e2	Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	Wipeout (N)		In Plain Sight (N)		Shark		News (N)
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Just-Gags	Rick Mercer	22 Minutes	The Tudors "Episode 1"		CBC News: The National		Stampede
	214	344	7	CITY	Friends	Hollywood	Japanese Game Show		Hell's Kitchen (N)		Two/Half Men	Role	News (N)
	212	313	8	CTV	eTalk	Jeopardy! (N)	The Moment of Truth (N)		Canadian Idol (Live)		Law & Order: SVU		News (N)
	218	345	11	CH	The Insider (N)	E! News	Real Housewives		Kimora: Fab	Kardashians	Living Lohan	D. Richards	News (N)
	137	763	13	TFO	Panorama été	Les Éclaireurs	Tournants de l'histoire		Betty ★★ (1992, Drame) Marie Trintignant, Stéphane Audran.				Super plantes
	-	-	14	-	Law & Order: SVU		News (N)		News (N)		King	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	April One (1994, Drama) Stephen Shellen, Djanet Sears.				To Serve and Protect		Grill Rm.
	-	387	16	CBS	Inside Edition	Hollywood	NCIS (HDTV)		48 Hours Mystery		Without a Trace (HDTV)		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	Celebrity Family Feud		America's Got Talent (N)		Law & Order: SVU		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Wipeout (N)		Japanese Game Show		Primetime: The Outsiders		News
	219	346	20	ACH-B	Wheel-Fortune	Degrassi: Next	Celebrity Family Feud		America's Got Talent (N)		Without a Trace (HDTV)		News (N)
	-	-	28	FOX	Judge Judy	Two/Half Men	The Moment of Truth (N)		Hell's Kitchen (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Keeping Up	Nova (DVS)		Dolphins: The Code Breaker		Wide Angle (HDTV) (N)		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Beauty and the Geek		Reaper (HDTV)		CW11 News at Ten		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil		News (N)	Jeopardy!	Frasier	Frasier	Cheers
	298	653	332	TLA	Reba	Reba	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	Beauty, Geek
news	502	390	26	NW	News (N)	Mansbridge	The Hour (N)		CBC News: The National		China's Sexual Revolution		National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow & Company		The Suze Orman Show		Kudlow & Company		The Big Idea With Deutsch		Mad Money
sports	405	417	22	net	Simply	UFC: Access	World Combat League		Best Damn Sports Show		Sportsnet Connected		Sportsnet Con.
	400	400	30	TSN	MLB Baseball Baltimore Orioles at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Departures "Jordan"		Cycling Tour de France Stage 4. Time trial. From Cholet, France. (N)						Adventures
	417	406	81	SC	Pinks (HDTV)	Pass Time	Prelude to the Dream: One Epic Race				Super Bikes!	Super Bikes!	Pinks (HDTV)
family	551	542	25	YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	George-Jungle	Merrie Melody	Loonatics	6teen	Total Drama	Futurama	Hellboy: Sword of Storms (2006, Fantasy)		
	556	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	602	567	27	W	Will & Grace	Friends	Maxed Out	Style by Jury	Kim	Style by Jury	How to Look Good Naked		Maxed Out
cable variety	570	580	29	MM	So You Think You Can Dance The top 14.				So You Think You Can Dance		Instant Star	Instant Star	Gone Wild
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		CSI: Miami "Shock"		CSI: Miami
	700	800	35	TLN	Centrovetrine	Sky TG 24	Carabinieri		Carabinieri		The Sopranos (SS)		Raymond
	571	581	36	MMM	mmmtop	Uncovered	Listed		Classic Albums		Hogan Knows	Hogan Knows	Listed
	575	583	38	CMT	Canada Countdown		Beyond Chance		Reba	Hope & Faith	Home Improve.	Roseanne	CMT30
	616	521	39	SHO	ReGenesis "Blackout"		Blue Murder		Trailer Park	Kenny-Spenny	CSI: NY (HDTV)		House
	620	523	40	BVO	Bazart	Bravo!Videos	Sounds Like Motown		Road to Baleya		Live at the Rehearsal Hall		Law & Order
	601	562	41	SLC	End of Leash	Til Debt-Part	Nearly Dead	In Laws	Shear Genius		Plastic-Perfect	Matchmaker	Nearly Dead
	522	506	43	HIS	NCIS "Witness"		Digging for the Truth		Finding the Fallen		NCIS "Witness"		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.	Tom Green	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	John Q ★★ (2002, Drama) Denzel Washington, Robert Duvall.					Frasier	Seinfeld
	576	582	49	BET	106 & Park	The Boot	The Salon ★★ (2005, Comedy) Vivica A. Fox.				Baldwin Hills	Baldwin Hills	The Boot
	627	528	50	SPC	Stargate SG-1 "Fallen"		Star Trek: Voyager		Blood Ties (DVS)		Battlestar Galactica		Stargate SG-1
	581	566	52	MTV	MTV e2	Cribs (N)	4REAL	Next	Shot at Love-Tila Tequila		Shot at Love-Tila Tequila		MTV Live
	618	524	54	TROP	News Show	News Show	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
	603	561	56	FOOD	Grill It-Flay	Licence to Grill	Restaurant Makeover		HEAT-McEwan	HEAT-McEwan	Top Chef "Block Party"		Restaurant
	261	394	60	V	Murder, She Wrote		Eyes Down	On the Buses	Quantum Leap		Jozi-H Greg's brother arrives.		Mysterious
	621	527	63	STR	Look-A-Like	Hollywood	TMZ (N)	eTalk	Staying Young in Hollywood		The Tonight Show-Jay Leno		eTalk
	553	546	65	TRE	Ni Hao, Kai-lan	Nght Grdn	The Wiggles	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears
	115	711	101	TVA	Les Anges de la rénovation		Km/h (SC)	Caméra café	La Grande Évasion (HDTV)		TVA 22 heures	Juste pour rire	Sucré-salé
	126	730	102	RDI	RDI en direct	400 fois Qué	Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	CLT	The West Wing		Killer Next Door		Psychic Detect	Ext. Evidence	Traders		The West Wing
	300	601	301	M1	(7:15) Barnyard: The Original Party Animals (2006)				Shrek the Third ★★ (2007, Comedy)			(10:45) Beerfest (2006)	
	305	612	306	PIX	(7:15) The Nature of Nicholas ★★ (2002, Drama)				Thunderbolt and Lightfoot ★★★ (1974, Comedy-Drama)				Perfect-Angels

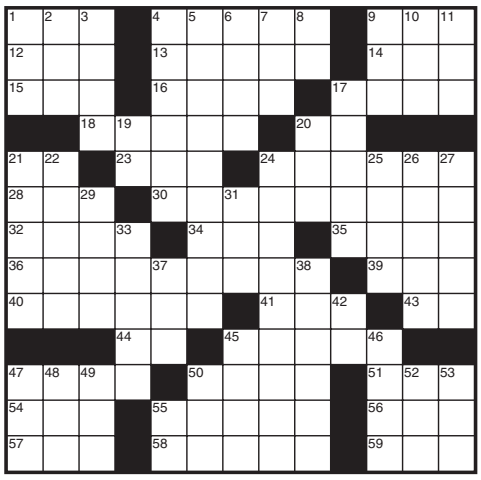
critics' corner

Blood Ties
This series is so well done, and each episode is like a minimovie. But the writers and director of "Bugged" made a serious misstep: They assumed those viewers who like vampire flicks also like gross-out horror movies. Coreen's (Gina Holden) goth hangout has become a place of death, and she's gung-ho to help Vicki (Christina Cox) solve the mystery. OK. That's fine. However, the deaths are caused by bug bites . 9 PM on SPC

Sounds Like Motown
Martha Reeves of "and the Vandellas" fame agreed to perform Motown music with a group of Victoria high-school students, and this documentary follows the process of getting Reeves and the kids together. Motown isn't the type of music that springs to mind when teenagers are asked to name their favorite genres, but these B.C. kids know what they like. 8 PM on BVO

A note from a piece by a U.S. composer is to be played this weekend in a German town in what has been called the world's slowest and longest concert. The performance began in 2000 and is scheduled to last a total of 639 years. **BBC NEWS ONLINE**

Take Five



Crossword across

1 Holed up
4 Crank
9 Many millennia
12 Cassius Clay
13 "Maria —"
14 APB datum
15 Gosh!
16 Senator Cranston
17 Hindu — range
18 Inventor
20 Marlins' st.
21 Pacino or Unser
23 Cookout plus
24 Book jacket ads
28 Tint
30 Sunlight
32 Cropland measure
34 Mae West role
35 Territory
36 Kind of quarry (2 wds.)
39 Oolong or pekoe
40 Without strain
41 Bird's beak
43 Tooth puller's deg.
44 Pitcher — Young
45 People devourers
47 Reunion attendee
50 For real
51 Dark brew
54 2001 to Ovid
55 Slot machine city
56 Validate
57 Sharp bark
58 Physicist Nikola —
59 Want-ad letters

Crossword down

1 Old crone
2 Dot in the Seine
3 Carpe —!
4 More diluted
5 Under the table
6 At hand
7 News channel
8 Snort of surprise
9 Perfume label word
10 Go-aheads
11 Uh-uh
17 Clumsy sort
19 Gold Rush st.
20 Gator Bowl site
21 Proverb
22 Spandex fiber
24 Double-tongued?
25 Uprising
26 Prepared fish
27 Golfer Sam —
29 Bullpen stats
31 Quick swim
33 Force out
37 Famous cathedral town
38 Singer — Brewer
42 Live
45 PTA and NEA
46 Goalie's feat
47 A Vanderbilt
48 Ms. Thurman
49 Pinch
50 Kickoff stand
52 August sign
53 Summer in France
55 New England st.

950,000
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metro
Do it daily.
SOURCE: NADbank 2007, read yesterday; BASE: Montreal CMA, Ottawa-Gatineau CMA, Toronto CMA, Vancouver CMA

previous day's answer

	F	R	I	E	S		R	U	D	E	R
M	O	U	S	S	E		I	N	U	R	E	D
A	R	I	A		W	A	L	D	O		A	I
T	E	N				F	L	O		I	S	M
E	S	S	E		H	A	S		A	T	O	M
			A	M	O	R		P	L	A	N	E
A	H		V	E	T		F	A	T		S	D
K	E	Y	E	D		C	O	L	A			
I	R	I	S		M	O	B			R	U	B	Y
M	O	P		B	A	A				P	E	A
B	I		N	U	L	L	S		P	E	E	K
O	C	C	U	L	T		A	G	E	N	T	S
	S	A	N	K	A		P	O	N	D	S	

This day in history

JULY 8, 1776: The Declaration of Independence was read aloud in Philadelphia, Pa.

JULY 8, 1822: Chippewas turn over huge tract of land in Ontario to the United Kingdom.

JULY 8, 1892: St. John's, N.L., was devastated in the Great Fire of 1892.

JULY 8, 1947: Reports are broadcast that a UFO crash landed in Roswell, N.M.

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Sarcasm from a stranger will be surprising. Something hidden is brought into the light. Take your diet into account if you're unwell.

TAURUS
APRIL 21-MAY 21
A mysterious ailment disappears when your love life improves. You'll see eye-to-eye with a practical person. Keep things in line at home.

GEMINI
MAY 22-JUNE 21
Three people will visit and have an effect. Taking it easy will be difficult. Useless reminders need to be disregarded.

CANCER
JUNE 22-JULY 22
Younger people are causing frustration. A down-to-earth project will get the go-ahead. An adversary tries to climb to the top.

LEO
JULY 23-AUG 23
A romantic woman loathes company. A misunderstanding works in your favour. An associate finally makes good on a promise.

VIRGO
AUG 24-SEPT 22
A buddy is excited by odd behaviour. An honest man will meet with decision-makers. Maintain silence about travel arrangements.

LIBRA
SEPT 23-OCT 23
You must accept an anxiety-producing challenge. An emotional block causes a delay in plans. A message puts you on "Romance Alert."

SCORPIO
OCT 24- NOV 22
A skin condition will clear up on its own. Emotions will run wild if anyone is given free rein. A blond wants more money.

SAGITTARIUS
NOV 23- DEC 21
The focus is on being emotionally fulfilled. Don't be selfish but insist on getting respect. A hunch can create havoc.

CAPRICORN
DEC 22-JAN 20
A phone call has serious consequences. You can refuse to be frightened. Consideration will come your way later on.

AQUARIUS
JAN 21-FEB 18
A depressing weight gain starts to dissolve. You can aid in reducing somebody's misery. A sincere compliment reveals too much.

PISCES
FEB 19-MAR 20
Avoid wearing someone down with complaints. The winds of change will distress someone. A friend's indifference is resented.

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		6		1	7	2		
2	4		8		9			
	7	5		3		6		
5	6			2		9		8
	3						7	
9		7		5			2	4
		9		4		8	5	
			1		8		6	2
		8	3	7		4		

Sudoku

INSTRUCTIONS:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

5	6	9	4	7	3	2	8	1
4	7	8	1	2	9	5	6	3
2	3	1	8	6	5	7	9	4
6	1	7	5	9	2	3	4	8
8	5	2	3	4	6	1	7	9
3	9	4	7	1	8	6	5	2
1	8	5	9	3	7	4	2	6
7	2	3	6	8	4	9	1	5
9	4	6	2	5	1	8	3	7

SOLVE TIME IN MINUTES:

Under 13 . . . . . Genius
13-17 . . . . . Scholar
17-21 . . . . . Smart
21-25 . . . . . Not bad
25+ . . . . . Keep practising

Toronto weather

The Weather Network
theweathernetwork.com

Afternoon	Tonight	Wednesday	Thursday	Friday
80%		60%		
Thunder-showers. 31°	Partly cloudy. 21°	Showers. 25°/13°	Sunny. 23°/18°	Partly cloudy. 27°/20°

Temperature
Normals
High: 27.1°
Low: 14.8°

Records
High: 36.9°/1988
Low: 7.1°/1984

Sunrise: 5:45 a.m.
Sunset: 9:01 p.m.
Moon does not set
Moonrise: 12:14 p.m.

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Fight Nicole Richie was reportedly removed from the Las Vegas Hard Rock Hotel and Casino on the weekend after fighting with a fellow reveller while waiting in line for the valet outside the hotel following a night of rowdy partying. **FEMALEFIRST.CO.UK**

Celebrity Buzz

Kidman, Urban have baby girl

BIRTH Nicole Kidman and her husband, Keith Urban, have welcomed their first child together, a daughter named Sunday Rose Kidman Urban, born yesterday morning in Nashville, *People.com* reports.

"Husband Keith was by Nicole's side, and mother and baby are very well," said spokesman Paul Freundlich, who added the couple were "delighted" to make the announcement. He also said the baby girl weighed 6 lbs., 7.5 oz.

The pregnancy was first announced in January. Kidman has two other children with her former husband Tom Cruise: Isabella, 15, and Connor, 13. In the days leading up to the birth, the couple — who celebrated their second wedding anniversary on June 25 — didn't stray from their normal routine in and around Nashville, where they reside in a gated community.

From early morning stops at a local Starbucks for warm drinks to a little sweat at the gym later in the day (Kidman was a regular at spin and yoga classes during her pregnancy), the couple remained low-key.

"She's never been happier and healthier," says a close family friend.

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Streep slams male stars for having plastic surgery

BEAUTY Veteran actress Meryl Streep has hit out at male stars who have plastic surgery in a bid to retain their youthful looks — insisting they should give up and "embrace getting older," *imdb.com* reports.

The 59-year-old claims she has always resisted the temptation to go under the knife, but is worried about the growing number of actors who are looking to surgeons for a helping hand with their appearance.

She says, "You'd be amazed how many men in the industry have gone down that road. I don't get it. I think you have to embrace getting older and celebrate life."

Streep insists she is actually more secure in her work now that she is no longer considered a Hollywood beauty. METRO NEWS SERVICES

celebrity brief

Rodriguez's wife files for divorce

SPLITTING UP The estranged wife of all-world Yankee star Alex Rodriguez filed for divorce yesterday in Miami, seeking to dissolve their five-and-a-half-year union, *People.com* reports. "The marriage of the parties is irretrievably broken because of the husband's extra-marital affairs and other marital misconduct," Cynthia Rodriguez's petition reads, adding that the slugger had "emotionally abandoned his wife and children." While citing numerous alleged infidelities committed by the baseball superstar, Cynthia did not specifically mention Madonna in court papers after a week of media reports suggesting the Queen of Pop and Rodriguez may have carried on an illicit affair.

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celebrity brief

Thurman learns never say never

MARRIAGE Uma Thurman is learning never say never. After her two divorces from Gary Oldman and Ethan Hawke, the Kill Bill star swore she'd never marry again, *People.com* reports. In her first interview since her engagement to multimillionaire Arpad "Arki" Busson was announced, Thurman tells the U.K.'s Sunday Times Style magazine she's happy to go back on her word. "I'm going to have to retract my statement of never. I'll have to eat my words."

METRO NEWS SERVICES

Carrey tries on girlfriend's suit

BEACH WEAR Jim Carrey stunned beach-goers in California by wearing his girlfriend Jenny McCarthy's bathing suit while celebrating the 4th of July holiday, *imdb.com* reports. The couple was photographed strolling along a beach in Malibu — with the former Playmate wearing a plunging black swimsuit. But moments later, the 45-year-old funnyman shocked onlookers when he reappeared donning the racy swimsuit.

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Alba wants to be laid-back mom

PARENTING New mom Jessica Alba, who gave birth to her first child last month, is considering how she and husband Cash Warren will influence their daughter, *People.com* reports. "Kids' personalities have so much to do with the parents," she told Britain's Sunday Express. "If you're very paranoid and uptight ... they are going to take on that anxiety. If you're a little more laid back ... you'll probably have an easier time with them. I guess I'll find out."

METRO NEWS SERVICES

Cohen back to prankster movies

FILM Sacha Baron Cohen claimed his first victim for his new prankster movie — setting up an Israeli analyst, Yossi Alpher, for an outrageous interview on the Middle East conflict, *imdb.com* reports. Cohen lured the public into appearing in his hit 2006 Borat: Cultural Learnings Of America For Make Benefit Glorious Nation Of Kazakhstan. His new film will feature Bruno, an Austrian fashion journalist.

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